







ANGLO-INDIAN AND ORIENTAL  
COOKERY.





ANGLO-INDIAN  
AND  
ORIENTAL COOKERY.

BY

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*Awarded Diplomas for Silver Medal, Bronze Medal, and  
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## PREFACE.

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AT the request of numerous friends and pupils, I have been persuaded to bring out this little work on Oriental and Anglo-Indian Cookery. My aim is to show the people of England that the culinary art of the East is not what people generally imagine it to be, and that it consists of something more than a mere "Currie and Rice." The specimens one sees here are far from the real thing. Oriental dishes are as varied as the French or Italian, and are prepared with equal delicacy. They are also economical and delicious; which is in itself a great recommendation.

Housewives will find these recipes useful to vary the monotony of their usual fare. High-class cooks and

caterers will find a solid help in them, and much that is novel.

An idea seems prevalent that a black man is bound to cook well. This is a great mistake. True, they are better than most English cooks, but not always so; and we generally find those in England to be the worst of their kind. It is not doing justice to Oriental cookery to judge from their mode of doing things. It must be also remembered that the mode of cookery varies in India according to the castes or religions. For instance, a Hindoo will live on vegetables, rice, wheat, pease, ghee, fruit, milk, &c. &c., while the Mussulman uses meat freely. The Anglo-Indian style is a modification, and partly added to by French and Italian methods, so as to please the European palate. It must, however, be borne in mind that we cannot procure all the fruits and spices in their fresh state, and therefore have to resort to the best substitutes we can find; but much can be done by a person of intelligence and aptitude, and most of the things procurable in the English market answer fairly well.

As to decoration, anyone with a little artistic taste can do this perfectly well, and to his own liking. I shall,

however, mention a few of the ways in which our old Indian butler decorated the dishes. I shall allot one Part to what I call *distinct* Oriental cookery, because it may not please all European tastes; but in the rest of the book there are dishes to please everyone. I shall not lay down rules for *set* courses, because everyone has more or less his own idea as to the number of courses, and each can please himself by making use of those recipes he may think best. It will also be found that there are a great many recipes which would be most useful for breakfast, lunch, and supper dishes, and which would make a pleasant change for those who are often puzzled to know what to do for these three last mentioned meals. Pork is a thing I have not seen used in any way, so of course give no recipes for it.

- It will not be necessary to enter into explanations on ordinary boiling, roasting, frying, &c. &c.; the subject has been treated of by many who are more able than myself. It would be only a repetition, and of no use. My motive is only to give such recipes as are not in general use in England, and which may prove of value to those for whom this little book is intended. I have given the simple English names to

the dishes, as I find it is most in accordance with the wishes of those who have persuaded me to write this book; except in the case of the Oriental cookery, and there I have been obliged to use the native terms.

GRACE JOHNSON.

# ANGLO-INDIAN AND ORIENTAL COOKERY.

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## PART I.—SOUPS.

### 1. *Calf's Head, White.*

Well boil half a calf's head in three quarts of water, to which add three bay-leaves, twenty-four cloves, two onions, one turnip, one carrot. Let the head boil till quite tender; remove the meat and strain the liquor. Now cut up an onion into rings, and chop one head of garlic small. Fry in two ounces of butter a pale yellow. Add your soup, strain again, and then add salt to taste, one pint of cream, a quarter of a pound of almond-paste, a stick of cinnamon, a blade of mace, one teaspoon of tarragon vinegar. Let it simmer for about one hour, and just before serving strain again. If not quite thick enough, a *small* packet of Edward's Desiccated *White* Soup will be found sufficient.



## 2. Calf's Head, Brown.

Boil half a calf's head in three quarts of water; add two onions, two leeks, one carrot, one turnip, twenty-four cloves, three bay-leaves. Boil till the head is quite tender, and take out the meat. Then clear the liquor with one pound of beef well minced, and the shells and whites of two eggs beaten up together and stirred into the liquor; strain. Add one teaspoon of tarragon vinegar, one teaspoon chervil ditto, one dessert-spoon of Chili ditto, salt to taste, and one tumbler of sherry. Let it warm through. Cut some pieces off the head, dice-shape, add them to the soup. A few macedoines make it look very pretty.

## 3. Mock Turtle.

Put half a calf's head and a cow-heel into five quarts of water, to which add one onion, one leek, one turnip, one carrot, one parsnip, twenty-four cloves, three bay-leaves, a blade of mace, a stick of cinnamon, a stick of celery, twenty-four peppercorns, a bit of green ginger, one dessert-spoon of best currie powder. Boil till the head is tender, and remove; leave the heel till the flesh separates from the bones. Now strain the liquor, cut the flesh off the heel into neat pieces about the size of a shilling, put it aside, and leave the liquor to cool, when

you can remove the fat and sinew. Before serving, warm up the liquor, to which add two glasses of sherry, one teaspoon of tarragon vinegar, one ditto chervil, two ditto Chili, and then the meat that you set by, and force-meat balls (as per recipe at the end of the Soups). A few drops of lemon-juice are an improvement.

N.B.—If you can get your butcher to prepare sheeps' heads for you in the same way as calf's head is prepared here, you will find a great saving, and the soup is equally as good and nutritious as the calf's head. Never throw away the head; this makes most delicious *entrées*, brawn, &c. &c.

#### 4. Beef-Bone Soup.

• Put on four pennyworth of beef bones in five quarts of water. Boil for about four hours very gently with one onion, one leek, two beads of garlic, one carrot, one turnip, one parsnip, twenty-four cloves, three bay-leaves, twenty-four peppercorns. Strain the liquor, add two small packets of Edward's Desiccated Soup, one teaspoon tarragon vinegar, one ditto chervil, two ditto Chili, salt to taste. This is a very economical soup, and very delicious. If liked thick, two tablespoons of tapioca boiled in it makes it very nice.

### 5. Clear Gravy Soup.

Boil about three pounds of gravy-beef in three quarts of water. Add one carrot, one turnip, one onion, two beads garlic, one leek, twenty-four cloves, twenty-four peppercorns, three bay-leaves, a sprig of tarragon, ditto chervil, ditto thyme. Simmer gently for about four hours. Remove the meat and vegetables. Clear the stock with whites and shells of two eggs well beaten. Strain, pour back into the pan, add salt to taste, a dessert-spoon of fine sago; let the sago thicken and clear. Add one dessert-spoon of Chili vinegar and some force-meat balls before serving. Sherry can be added if liked. This same soup with macedoines makes a nice change occasionally.

### 6. Rabbit Soup.

Boil a rabbit, with a small piece of bacon, in four quarts of water. Add one onion, one leek, two beads of garlic, one carrot, one turnip, twenty-four cloves, twenty-four peppercorns, a bit of green ginger, a sprig of tarragon, ditto chervil. Boil till the meat is tender. Remove the meat and strain the liquor. Return the soup to the pan; add salt, if necessary, to taste, and one small packet of Edward's Desiccated Tomato Soup. Boil a few

minutes, and serve with sippets of toasted bread. The rabbit and bacon can be served up as it is for a homely dinner, with a white or brown onion sauce over it.

### 7. Rich Hare Soup.

Boil a hare in four quarts of water. Put in a lean ham-bone, one onion, one leek, two beads of garlic, one carrot, one turnip, a small bunch of mixed herbs, one dessert-spoon of best currie powder, twenty-four cloves, twenty-four peppercorns, a stick of cinnamon, a blade of mace. Boil till the meat separates from the bones; now strain. Take the flesh of the hare and any little pieces of ham there may be on the bone, and pound it well to a paste. Stir into the soup to thicken, and serve hot. Some like a little lemon-peel and nutmeg added.

### 8. Giblet Soup.

Boil two pounds of giblets in three quarts of water, with two or three sage leaves, one onion, two beads of garlic, one carrot, one turnip, twenty-four cloves, twenty-four peppercorns. Simmer for about three hours gently, strain the liquor, return it to the pot. Now add one

tablespoon of best pea-flour, and one dessert-spoon of currie powder, mixed smooth in a little water, stir well, and let it simmer gently for twenty minutes longer. Add salt to taste, and, if liked, a spoonful of Chili vinegar.

### 9. Tomato Soup.

Boil four pennyworth of bones in four quarts of water, with one onion, one leek, two beads of garlic, three bay leaves, a small bunch of herbs, one carrot, one turnip, twenty-four cloves, twenty-four peppercorns, for about four hours; strain the stock. Now add two pounds of tomatoes if fresh, or one tin of conserve, one spoon of tarragon vinegar, one ditto chervil, one ditto Chili, and salt to taste. Simmer for one hour longer, and strain again.

### 13. Mullagatawny Soup.

Boil two pounds of gravy-beef in three quarts of water for about two hours. Cut up an onion into thin rings, fry, in two ounces of butter with twenty-four cloves, a bright brown. Now add one tablespoon of currie powder and one tablespoon of currie paste; stir well, then add the stock, three bay-leaves, three beads of garlic,

the seeds of twelve cardamoms, a stick of cinnamon, a blade of mace. Mix two tablespoons of pea-flour till quite smooth, add it to the soup, stir, let it simmer well for twenty minutes, and strain again. Add salt to taste, and the juice of a lemon. Serve with a separate dish of plain boiled rice.

### 11. Pepper-Water Soup.

Fry one ounce of black pepper, the same of pink lentils, and three bay-leaves with ghee, then grind these to a fine paste. Mix in an ounce of tamarind pulp with one pint of water. Let it boil up two or three times, when mustard, cummin, and fenugrik seeds fried in ghee may be added, and salt to taste.

### 12. Artichoke Soup.

Boil two pounds of Jerusalem artichokes, that have been peeled and washed in two quarts of white stock, till they are quite tender; pass them through a wire sieve, add one pint of cream, a mite of butter, and pepper and salt to taste. Serve with toasted bread cut into dice separately. This is a very simple but delicious soup.

### 13. Spinach Soup.

Well wash and pick two pounds of spinach. Now put it into a large pot with no water but what is on the leaves when taken out of the washing-pan. Let it boil down till quite done and tender. Now pulp it through a wire sieve, liquor and all, then add three pints of good stock. Cut up an onion into rings, fry in three ounces of butter a delicate golden colour; add the spinach *purée*, add salt and a little Nepaul pepper to taste, and serve very hot.

N.B.—Sorrel may be done the same.

### 14. Potato Soup.

Boil one pound of potatoes till tender, pass them through a sieve, add one quart of white stock, one pint of milk. Cut up an onion into thin rings, one head of garlic ditto, and fry with twenty-four cloves in three ounces of butter. Add the potato *purée*, three bay-leaves, a stick of cinnamon, a blade of mace, salt and Nepaul pepper to taste. Let it simmer for about an hour, strain through a sieve, and serve hot.

### 15. Turnip Soup.

Well peel and boil in the usual way about one pound of turnips; pass them through a sieve. Now add three pints of milk, and stir till quite hot. Add one ounce of butter, and pepper and salt to taste.

### 16. Leek Soup.

Well cut up and wash a bunch of leeks. Put them into a pot with three quarts of good stock. Boil till the leeks are tender enough to pulp through a sieve. Add butter, pepper, and salt to taste, and serve with fried bread cut into dice.

### 17. Pea Soup.

Boil one pint of split peas in two quarts of stock and a lean ham-bone till the peas are quite soft. Pulp them through a sieve. Cut up an onion into thin rings, fry in two ounces of butter and twenty-four cloves a delicate brown. Now add the pea *purée*. Add salt and pepper to taste; if too thick, a little more good stock; strain again. Serve with fried bread cut into dice shape, and dried mint that has been sifted through a fine wire sieve. This is a delicious and nutritious soup, and a great favourite.

### 18. Ox-Tail Soup.

Get a nice ox-tail, cut it into nice-sized pieces, put it into a pot with four quarts of water, one onion, two leeks, one carrot, one turnip, one parsnip, a bunch of herbs, twenty-four cloves, twenty-four pepper-corns,



two heads of garlic, three bay-leaves. Let this simmer for four hours, and strain, then return the soup to the pot. Thicken with two packets of Edward's Desiccated Brown Soup, and put back some of the pieces of the tail, which must be served in the soup.

### 19. Mutton Soup.

Boil three pounds of neck of mutton in three quarts of water, one carrot, one turnip, one parsnip, twenty-four cloves, twenty-four peppercorns, a piece of green ginger, and one onion. Boil till the meat is quite done, remove the meat and strain the liquor; let it get cold, and remove all the fat. Now return it to the pan, brown it with a little burnt sugar, add salt to taste, and some mushroom ketchup. Thicken with two tablespoons of tapioca, or, if preferred, two ounces of macaroni may be added, cooked, and cut into pieces one inch long.

### 20. Mushroom Soup.

Boil two pounds of gravy-beef in two quarts of water, twenty-four cloves, salt to taste, one onion, one pound of mushrooms well picked and cleaned. Gently simmer for about three hours, remove the meat, and pass the

soup through a sieve, through which also pulp the mushrooms into the liquor. Add pepper and salt to taste, and a small bit of butter. Serve with fried bread cut into dice shapes.

•                                    **21. La Reine Soup.**

Boil about two pounds of knuckle of veal in two quarts of water, with one onion, two beads of garlic, one stick of cinnamon, a blade of mace, twenty-four cloves, three bay-leaves. Simmer for two hours, strain, put back into the pan, add salt to taste, one cup of cream; then stir in a basin two heaped tablespoons of semolina, and add it to the boiling soup. Let it get a little cool, and, just before serving, add the yolks of four eggs well beaten. Heat it again, but do not let the eggs curdle. The best way to do it is to put the pan into a larger one with boiling water in it, and to leave this over the fire till the soup is thoroughly hot.

•                                    **22. Fish Soup.**

Boil the head and shoulders of a cod in three quarts of water, with two onions, two beads of garlic, one bunch of sweet herbs, a bit of lemon-peel, twenty-four

cloves, one stick of cinnamon, one blade of mace. When the fish is well done, remove it, let the bones stew in the liquor for about two hours, strain, return it to the pan, thicken with one tablespoon of pea-flour that has been rubbed smooth with a little water, add salt to taste, and some good sauce—a spoonful of Chili vinegar is an improvement. Take some of the flakes of the fish and add it to the soup, or some force-meat balls.

### 23. Eel Soup.

Boil two pounds of eels, that have been well cleaned and skinned, in three quarts of water, with two onions, two beads of garlic, three bay-leaves, a bunch of herbs, one carrot, one turnip, two sticks of celery, one leek, twenty-four cloves, twenty-four peppercorns. Boil for about two hours gently; strain. Now take all the flesh off the fish, rub it through a sieve into the liquor, add one ounce of butter rolled in flour, and salt to taste, and a spoonful of mushroom ketchup, also a spoon of Chili vinegar. Serve with toast nicely cut in neat pieces.

### 24. Oyster Soup.

Boil two pounds of knuckle of veal in two quarts of water, with two onions, two beads of garlic, three bay-

leaves, twenty-four cloves, twenty-four peppercorns, a piece of green ginger. Simmer for about three hours, strain, add one cup of cream, one tablespoon of flour mixed smooth in a basin, and a bit of butter; stir well, and when a little thick, add one dozen oysters with their liquor; salt and Nepaul pepper to taste.

### 25. Rice Soup.

Boil two pounds of neck of mutton in three quarts of water, with two onions, one carrot, one turnip, twenty-four cloves, twenty-four peppercorns, three sticks of celery, one stick cinnamon, one blade of mace. Simmer for three hours, strain, put back in the pan. Add to this a quarter of a pound of *small* rice, and let it cook till the rice quite dissolves. Add salt and pepper to taste.

### 26. Rhubarb Soup.

Peel and wash well four dozen sticks of rhubarb, blanch it in water three or four minutes, drain it on a sieve, and put it in a stewpan with two ounces of lean ham and a good bit of butter. Let it stew gently over the fire till quite tender; then put in two quarts of good

stock, add two ounces of bread-crumbs, boil about fifteen minutes, skim off the fat, season with salt and Cayenne pepper. Pass it through a wire sieve. Serve with fried bread neatly cut.

### 27. German Lentil.

Well wash one pint of German lentils. Put them to boil in three quarts of water, with a mite of soda, one onion, two beads of garlic, twenty-four cloves, twenty-four peppercorns, three bay-leaves. Boil till the lentils are soft enough to pass through a sieve, well pulp them through, seasoning and all, and then add to the *purée* two ounces of butter, and salt and Nepaul pepper to taste.

### 28. Green-Pea Soup.

Boil one pint of dry split *green* peas in two quarts of water, with a mite of soda, till the peas will pulp through a sieve. Cut up an onion into *very* thin slices, fry in two ounces of butter till a pale yellow, add twenty-four cloves and two beads of garlic, and then the *purée* of peas. Let this boil a few minutes; strain again. Serve with fried bread cut into dice shapes, and some dry green mint that has been sifted through a fine sieve.

### 29. Onion Soup.

Boil two pennyworth of bones in three quarts of water, with twenty-four cloves, twenty-four peppercorns, and three bay-leaves, for four hours; strain; return the liquor to the pot. Add one pound of onions cut in quarters, and boil till the onions are soft enough to pulp through a sieve. Add two ounces of butter to the *purée*, with salt and Nepaul pepper to taste. Serve with fried bread.

### 30. Vegetable-Marrow Soup.

Boil four pennyworth of bones in three quarts of water, with two onions, one carrot, one turnip, one parsnip, two heads of garlic, twenty-four cloves, three bay-leaves, and a bunch of herbs. Simmer four hours, strain, then add to the liquor a small vegetable marrow. Let it boil till it will all pulp through a sieve; add two ounces of butter, and pepper and salt to taste. Serve with fried bread.

N.B.—Never throw away any of the meat that comes from the soups. When freed from fat, sinew, and gristle, it can be pounded and flavoured, and forms a basis for croquettes, cutlets, patties, &c. &c., and it can be cooked in many other delicious ways as well.

**Force-Meats for Soups, &c.**

Force-meat or forces are essentially necessary to some soups and most made dishes. The chief art in making ~~them~~ consists in the due proportions of the material used and the care taken to make them well, so that no particular flavour predominates. Much depends on the savouriness of the dish to which a zest is to be added, some requiring a delicate force, others a full and high seasoned.

When the force-meat is made of fowl, there is one-third fowl, one-third panada, and one-third of marrow, kidney fat, veal udder, or butter. This is the French method. Whatever kind of fat is used, the proportion is a third. The seasoning should be the same as that used in the dish, with the addition of a little cayenne and mixed truffle or savoury powder to raise it.

When the proportions are made, they are to be put in a mortar with the minced sweet herbs that have been cooked in butter, white with spices, and pounded together with a raw egg beat up and dropped in with a little water by degrees, until the whole forms a fine paste. Test it by rolling a little bit in flour, and poach it in boiling water on the frying-pan. If it is too stiff, put a little more water into the mortar, and beat it again; if too soft add another egg or more. The balls must never be made larger than a common marble, and should be either fried or boiled, according to the sauce in which they are to be served. Previous to frying or dressing, roll them in a little fine flour.

White meats, with ham, bacon, &c., are generally used for fowl, veal, rabbit, and sometimes for fish. The proportions never vary, being by thirds.

If two meats are used, such as fowl and tongue, these together only make one-third of the force; fish, fruit, and vegetables the same. The balls when made may be kept in clarified dripping or butter, and warmed when required.

To prepare force-meat, take your meat, clean it from all sinews, cut it in slices, pound it in a mortar, and make it into a ball. Then take a calf's udder and boil it. When it is done, clean it nicely, cut it also into slices, pound it till it can rub through a sieve. All that passes through must be made into a ball the same as the meat. Then make the panada as follows:—Soak crumbs of bread well in milk, then drain off the milk and put the soaked bread into a stewpan with a little white broth. Then take a little butter, a small slice of ham, some parsley, a clove, a few shallots, a little mace, and some mushrooms. Put these in a stewpan, and fry gently on the fire. When done, moisten with a spoonful of broth, let it boil gently for some time, and drain the gravy over the panada through a sieve. Then place the panada on the fire, and reduce it, stirring it carefully. When dry, put in a small piece of butter, and let it dry further, adding the yolks of two eggs. •Let it cool on a plate, and use when wanted, in the same proportions as the other articles.

Crumbs of bread soaked in milk and strained may be



used instead of panada, and fat or butter in place of the calf's udder.

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### **Force-Meat for Turtle.**

Pound some veal in a marble mortar, rub it through a sieve with as much of the udder as you have veal, or about the third of the quantity of butter. Put some bread-crumbs into a stewpan, moisten them with milk, add a little chopped parsley or shallot. Rub them well together in a mortar till they form a smooth paste; put them through a sieve, and when cold pound and mix all together with the yolks of three eggs boiled hard. Season it with salt, pepper, currie powder. Add to it the yolks of two raw eggs, rub it well together, and make small balls. Ten minutes before the soup is ready, put them in.

### **Fish Force-Meat.**

Take two ounces of lobster, prawns, oysters, or any fish. Clean and chop it up, put it into a mortar with two tablespoons of fresh butter, some bread-crumbs soaked in milk, the yolks of two eggs boiled hard, one anchovy, some grated lemon-peel, and parsley chopped

fine. Season with pepper, salt, and allspice, and boil the whole with the white and yolk of an egg, and more if necessary.

### Egg Balls.

Boil four eggs for ten minutes, and put them into cold water. When they are quite cold, put the yolks into a mortar with the yolk of a raw egg, a teaspoon of flour, the same of chopped parsley, a spoon of salt, and a little black pepper or Nepaul. Rub them well together, roll them into small balls (as they swell in boiling), boil them for about two or three minutes.

N.B.—These force-meat balls are all very useful for the decoration of nice *entrées*, as well as soups.

## PART II.—SAUCES.

### 1. Melted Butter.

Boil in a nice enamel saucepan half a pint of milk, with two ounces of butter. Now mix smooth in a cup a tablespoon of flour and enough cold milk to make it the consistence of cream. Stir this into the milk just as it is on the point of boiling up, stir well till it thickens, add salt to taste. If for boiled fish, a little anchovy sauce is a great improvement, with a pinch of Nepaul pepper. If for a pudding, add a little sugar instead of salt, and any kind of flavouring that is liked.

### 2. Bread Sauce.

Boil in one pint of water a slice of bread, an onion cut into slices, and some whole black or white pepper. When the onion is tender, drain off the water and pick out the

peppercorns, and rub the bread through a sieve; then put into a saucepan with a gill of cream, a little butter, and salt to taste. Stir till it boils.

### 3. Oyster Sauce.

Beard the oysters, put them into a saucepan with their liquor strained and a large piece of butter, a few black peppercorns, a little salt, Nepaul pepper, and a blade of mace. Simmer gently for ten or fifteen minutes, but do not allow them to boil. Roll some butter in a little flour or arrowroot, and melt it, adding a little milk. Pick out the peppercorns and mace from the oysters, and pour on them the melted butter.

### 4. Shrimp Sauce.

Boil half a pint of milk with two ounces of butter, with a few peppercorns, one stick of cinnamon, a blade of mace, and twelve cloves. Stir smooth a dessert-spoon of flour with a little cold milk. Add it to the milk as it is on the boiling-point, stir and thicken, strain off the spices, and add half a pint of picked and cleaned shrimps.

### 5. White Onion.

Boil two large onions with twenty-four cloves and twenty-four peppercorns in water till the onions are soft enough to mash up smooth with a fork. Remove the spice, add half a pint of melted butter sauce, and season with salt to taste.

### 6. Parsley Sauce.

Parboil about a good handful of parsley, drain, chop it very fine, add half a pint of (rather thinner than ordinary) butter sauce, flavour with salt to taste, and simmer for about ten minutes, stirring all the while.

### 7. Garlic Sauce.

Ordinary melted butter, flavoured with bruised garlic three beads, and strained.

### 8. White Italian.

But a piece of butter into a saucepan, with two spoonfuls of chopped mushrooms, one of onion, and some

parsley. Turn the whole over the fire some time, and shake in a little flour. Moisten with a glass of white wine and as much good white stock. Add salt, pepper, and a little mace pounded fine. Let it boil well, then skim away the fat and serve.

### 9. Egg Sauce.

Boil two eggs hard for about twenty minutes, put them into cold water, shell them, and chop very fine. Add half a pint of melted butter and salt to taste. •

### 10. Caper Sauce.

To half a pint of melted butter add one small bottle of capers. Stir and serve.

### 11. Brain Sauce.

Boil the brain carefully, chop it up very small, season with a little butter, pepper, and salt. Pound two ounces of sweet almonds to a paste, and add them, with half a pint of melted butter, to the brains. Stir, and serve. Make the melted butter a little thinner than usual as the almonds and brain help to thicken it a good deal.

### 12. Liver Sauce for Fish.

Boil the liver of the fish, and pound it in a mortar with a little flour. Stir in some of the liquor in which the fish was boiled, a little melted butter, a few grains of Nepaul pepper, parsley, and a little essence of anchovy. Give it a boil up, and rub it through a sieve. You may add a little lemon-juice or lemons cut in dice.

### 13. Brown Onion.

Into a pint of strong stock put two beads of garlic, twenty-four cloves, twenty-four peppercorns, and a little parsley. Boil till the flavour is extracted; strain. Now have ready some roasted onions, which mash up well with a fork, add to them a little butter, pepper, and salt, and then add the stock. If not quite thick enough, stir in a little flour that has been mixed smooth with a little cold water. Mushroom ketchup and a little Worcester makes it very nice.

### 14. Kelly's Sauce.

Pound a tablespoon of capers and one of minced parsley as fine as possible, then add the yolks of three

hard-boiled eggs, rub them well together with a table-spoon of mustard. Bone six anchovies and pound them, rub them through a hair sieve, and mix with two table-spoons of oil, one of vinegar, one of shallot ditto, and a few grains of Nepaul pepper. Rub all these well together in a mortar till thoroughly mixed, then stir them with half a pint of good gravy, and put the whole through a sieve or tammy.

#### 15. Mushroom.

Boil in one pint of good strong stock one pound of well-peeled mushrooms, twelve cloves, twelve peppercorns, a blade of mace, and the peel of half a lemon cut *very* thin, two beads of garlic, three bay-leaves, two shallots. Boil till the mushrooms will pass through a sieve. Pass all liquor, mushrooms, and flavourings through a sieve, season with Nepaul pepper and salt to taste. A little claret can be added if liked.

#### 16. Tomato Sauce.

Take twelve or fifteen tomatoes ripe and red, cut them in halves, squeeze them just enough to take out all the seeds and water, put them in a stewpan with a capsicum,



a blade of mace, twenty-four cloves, two beads of garlic, a sprig of tarragon and chervil, three bay-leaves, four tablespoons of rich beef gravy. Set them over a slow fire for an hour, rub them through a tammy, add a little butter, pepper, and salt, and let them simmer for a few minutes.

### 17. Genoese.

Put a tablespoon of chopped onions with one of butter into a stewpan, and fry a light brown; then add four glasses of claret or port wine, a blade of mace, three cloves, some thyme, parsley, and two peach-leaves, then add a quart of brown sauce with a ladle of *consommé*. Place the whole over the fire and reduce it till rather thick, then add a tablespoon of chopped mushrooms. Let them remain a minute or two, and strain the sauce into a fresh saucepan. Season it with two spoonfuls of essence of anchovies, Nepaul pepper, a little sugar, and salt. Stir the whole quite smooth, and remove it as it is about to boil.

*Obs.*—If you have no brown sauce ready, substitute beef or other gravy, and thicken it with brown *roux*.

### 18. Strong Savoury.

Take a stewpan that will hold four quarts, lay two slices of ham or bacon at the bottom, with two pounds

of beef, a carrot, an onion, twelve cloves, one head of celery, three heads of garlic, lemon-thyme, and a little lemon-peel, four spoons of mushroom ketchup, and one glass of wine. Pour on this half a pint of water, cover it closely, and let it simmer for half an hour, when it will be almost dry. Watch it carefully, and let it get a nice brown colour, turning the meat to brown on all sides. Add three pints of boiling water, and boil gently for a couple of hours. This is a rich gravy for any purpose. If it is required thicker, mix a little flour smooth with a little cold water, and add it to the boiling sauce. Season with salt if necessary.

### 19. Apple Sauce.

Peel and core four apples, slice them, put them into a stewpan with two ounces of butter and a little drop of water. Let them simmer till quite soft. Mash them quite to a pulp, season with a little salt and pepper.

### 20. Wild Duck Sauce.

Half a pint of veal gravy, add to it half a dozen leaves of basil, a small onion, a roll of lemon-peel, and let it boil for a few minutes; strain, and put to the clear gravy

the juice of a lemon, half a teaspoon of salt, a little cayenne pepper, and a glass of red wine. Send it up hot.

### 21. Sorrel Sauce.

Half a pound of sorrel well washed, put it in the stew-pan with two ounces of butter, cover close, and put it on a slow fire till the sorrel can pass through a sieve. Season with pepper, salt, nutmeg, and a lump of sugar, squeeze in the juice of a lemon, and serve hot.

### 22. Salad Sauce.

Boil two eggs hard, shell, and bruise the yolks with the back of a spoon till quite smooth. Then add one tablespoon of olive oil, a little at a time, till the mixture looks like cream. Now add two tablespoons of vinegar, also very gently and gradually, so as to mix well and thoroughly, then a few drops of garlic vinegar, and two tablespoons of cream; take care not to let it curdle. Now add a very little castor sugar, and pour over the salad just as it goes to table. Some like a spoonful of anchovy sauce instead of sugar; and some salt; it is, of course, quite a matter of taste.

### 23. Mayonnaise Sauce.

Stir the yolks of three raw eggs well in a basin, add a saltspoon of salt, a spoon of French mustard, a little Nepaul pepper, and mix it with enough olive oil, drop by drop, till it becomes as thick as butter. Add a teaspoon of tarragon vinegar, ditto chervil, ditto Chili, and a few drops of garlic, ten drops of lemon-juice. This sauce must be kept cool, in order to keep it stiff.

### 24. Liver and Parsley Sauce.

Boil a chicken's or rabbit's liver till tender enough to pass through a sieve; put it aside. Cut up a small onion into slices, fry in two ounces of butter with twelve cloves, one bead of garlic, a nice brown. Add to this half a pint of good strong beef stock; let it simmer gently for half an hour, strain, then add to it the liver and one tablespoon of chopped parsley, salt and Nepaul pepper to taste. Let it simmer gently till the parsley is quite cooked, and serve.

### 25. Liver and Lemon Sauce.

Boil a chicken's or rabbit's liver as before, and pass it through a sieve. Make a stock just as for liver and

parsley sauce, strain, and add the liver, but instead of the parsley add the grated rind of a lemon, a little nutmeg, and a squeeze of lemon-juice. If not thick enough, add a bit of butter rolled in flour; salt and Nepaul pepper to taste.

#### 26. Currie Sauce.

Cut up an onion in thin slices, fry in two ounces of butter a nice brown, add one dessert-spoon of best currie powder, fry a minute, add half a pint of good beef gravy, twelve cloves, two beads of garlic, a roll of lemon-peel, three bay-leaves, the seeds of eight cardamoms, salt and tarragon vinegar to taste. Simmer gently for half an hour, strain, and then add a chicken or rabbit liver that has been boiled and passed through a sieve.

#### 27. Grill Sauce.

Prepare half a pint of clear gravy, roll a tablespoon of butter in the same quantity of flour, add two table-spoons of mushroom ketchup, one spoonful of mustard, a small quantity of chopped capers, the juice of a lemon and some of the peel grated, a little Nepaul pepper and

salt to taste. Simmer a few minutes, and serve. A teaspoon of anchovy and a little wine may be added if liked.

### 28. Mustard Sauce.

Mix one tablespoon of French mustard with half a pint of vinegar, add a few drops of garlic vinegar, one teaspoon of tarragon vinegar, and one dessert-spoon of castor sugar.

### 29. Piquant Sauce.

Put two ounces of butter in a frying-pan, add one tablespoon of vinegar and a shallot and one bead of garlic chopped very fine.

### 30. Turtle Sauce.

One pint of beef gravy thickened, a glass of Madeira, the juice and peel of a small lemon, a few leaves of basil a bead of garlic, a few grains of Nepaul pepper, and a little essence of anchovy. Let them simmer together for twenty minutes, and strain.

## PART. III.—FRESH CHUTNEES:

By fresh chutnees is meant those that will not keep. These are served as an accompaniment to currie at all Anglo-Indian tables—sometimes two, and sometimes even six different ones. They are very nice, eaten with the currie or eaten with bread and butter as a zest.

## 1. Green Mint.

Pound or grind a good handful of fresh green mint, a little tamarind, a little green ginger, one or two chillies, and a little salt. These must be pounded *quite* smooth like a paste.

## 2. Tomato.

Cut two good-sized tomatoes in half, squeeze out the seeds and water gently, mash them well with a fork, add

a *small* onion chopped fine, two green chillies ditto, one bead of garlic ditto, and salt to taste; lastly, add the juice of a lemon.

### 3. Bringall or Egg Plant.

Four small bringalls, roast them, and take off their skins, fry a tablespoon of dhal with three or four dry chillies in a little ghee (clarified butter), adding sufficient salt to flavour, and a little lemon-juice. Mash and mix together.

### 4. Apple Chutnee.

Mince two sour apples very small, add one small onion, two green or red chillies, and either vinegar or lemon-juice and salt.

### 5. Green Mangoe.

Peel a green mangoe, chop up the fruit very small, add a chopped onion, two or three green chillies, and salt to taste.



### 6. Tamarind.

Two ounces of red tamarinds, take out the seeds and remove the fibres, pound *well* in a mortar with a teaspoon of sliced green ginger, one bead of garlic, and two or three chillies; add salt to taste.

### 7. Cocoanut.

Pound to a complete paste half a very old and oily cocoanut, add a little tamarind, two red chillies, two beads of garlic, and sufficient salt to flavour. Pound *all* to a paste.

### 8. Poppy Seed (*Papaver somniferum*).

One tablespoon of poppy-seed that has been fried in ghee, two red chillies, a little red tamarind, two beads of garlic, and salt to taste. Pound *well* till like a paste.

### 9. Chironjee (*Buchanonia latifolia*).

Two tablespoons of chironjee nuts roasted, two chillies, a little red tamarind, two beads of garlic, and salt to taste. Pound all to a smooth paste.

### 10. Ground Nut.

Two tablespoons of the nuts that have been peeled and roasted and cleared of husks, two chillies, two beads garlic, a little tamarind, and salt to taste. Pound all to a smooth paste.

### 11. Parched Peas.

Two tablespoons of parched peas, two chillies, one bead garlic, a *very* little piece of onion, a little tamarind, and salt to taste. Pound well to a smooth paste.

### 13. Dressed Chillies.

Cut the chillies in halves, take out the seeds, soak them in sour butter-milk that has plenty of salt in it for about two or three days; take them out and dry them either in the sun or by the fire; put them by. When required, fry a few in ghee, and serve.

### 14. Dressed Green Chillies.

Fry as many chillies as you like in ghee with plenty of salt over them. These are a nice relish with some things, such as plain dhall or with kedgree.

N.B.—Potatoes mashed, mint, or kootmere (green coriander) pounded, minced apple pumblénose, in fact any vegetables, may be made into chutnee with the addition of chillies, onions, garlic, green ginger, lemon-juice, or vinegar.

## PART IV.—FISH.

**1. Baked Salt Haddock.**

Choose a good-sized fleshy smoked haddock, stuff this with the following mixture, and bake, basting it with butter; tie the fish neatly with tape, as string cuts it. When you are going to serve it, untie the tape carefully, put the fish on the dish neatly, and serve with fried parsley round it. Fish stuffing:—One cup of bread-crumbs that have been passed through a sieve; mix with it one ounce of butter, a little pepper and salt, and a teaspoon of mixed herbs as for veal. Mix all these well with a beaten-up raw yolk of egg to bind it—if one yolk is not enough, add another—and then stuff the fish.

**2. Baked Fresh Haddock.**

Get a good-sized haddock or cod, wash and clean it well, then stuff it with the following mixture:—Boil four

eggs hard and mince them very fine. Cut up an onion very small, two beads of garlic ditto, and fry these with twenty-four cloves a delicate brown in two ounces of butter; then add a tablespoon of best currie powder; stir; lastly add the eggs. Moisten with a tablespoon of tomato conserve, and let them all fry, stirring all the time, till the eggs are quite dry, or nearly so. Then add salt to taste, and stuff the fish. Tie it nicely with tape, sprinkle the fish all over with currie powder, and put a few dabs of butter over the fish. Put it in the oven and baste it till quite done. Serve with slices of lemon as a garnish, and with a dish of plain boiled rice as an accompaniment to it.

### 3. Mullet with Tomatoes.

Cut up an onion into thin slices, and then chop it, two beads of garlic ditto, fry these in two ounces of butter and twenty-four cloves a delicate brown. Now add one cup of tomato conserve and one cup of good fish stock, three bay-leaves, the seeds of twelve cardamoms, twelve peppercorns, a blade of mace, a stick of cinnamon, salt to taste, one teaspoon of tarragon vinegar, one ditto Chili ditto. Boil all for half an hour gently, strain, and into the liquor put four good-sized mullet (red ones are best); let them stew gently till the fish is done. Now dish it neatly, and pour the liquor over. Garnish with parsley.

#### 4. Fish Pie.

Boil a smoked haddock for a few minutes, skin and bone it; also boil four eggs hard, and shell them. Put into a pie-dish a layer of fish, an egg sliced, a little sliced onion, a sliced tomato, a little pepper, and so on till the dish is full; two or three green chillies sliced are an improvement. Pour over it a teacup of the liquor in which the fish was boiled, put a few dabs of butter over it, and cover with a good short crust, and bake. This is a delicious pie.

#### 5. Eel Pie. .

Get three pounds of eels, skin and wash them, put them into a basin of water; now cut into pieces two inches long. Put them in a stewpan with a few cloves, a few cardamoms, a little salt, and a bit of butter. Pour over them one cup of water, let them simmer gently for ten minutes, then put them in a pie-dish, layers of fish, raw onion, hard-boiled eggs, and tomatoes, as in previous recipe, also two beads of finely-chopped garlic, and the green chillies. Cover with either a puff paste or a short crust, and bake. This is delicious.

#### 6. Eel Stew.

Well clean and skin three pounds of eels, cut them into pieces two or three inches long, put them into a

saucepan, let them boil gently for ten minutes in one pint of water; remove the fish from the water, lay it nicely on a dish. Now cut up an onion into thin rings, and chop two beads of garlic fine. Fry these in three ounces of butter a delicate brown, add one heaped teaspoon of best currie powder, fry again, then add the liquor in which the fish has been boiled, twenty-four cloves, three bay-leaves, a sprig of tarragon and chervil, one tablespoon of tomato conserve, salt to taste, and the seeds of twelve cardamoms. Boil for half an hour gently, if necessary thicken with a bit of butter rolled in flour; strain; add one tablespoon of chopped mushrooms, and pour the gravy over the fish. Garnish with parsley, &c., and lemons cut in slices.

### 7. Eel Kabob.

Well wash and skin two pounds of eels, cut them into pieces about one and a half inches long. Now cut up some onions, garlic, green ginger, and chillies. Have ready some skewers, and string on them alternately a bit of fish, a piece of onion, a piece of ginger, a piece of garlic, a piece of chilli, and so on, till all the skewers are full. Sprinkle these over with flour, and fry in butter a nice brown. Serve with slices of cut lemon as a garnish. These are eaten with either mashed potatoes or pillau rice.

### 8. Fish Moullée.

For this dish either sole or turbot is nice, and the fish can either be fried in butter or plain-boiled, as desired. Whichever way it is done, dish it with care, and throw over it the following sauce:—Soak all night four ounces of desiccated cocoanut (not sweet), one pint of water, and then simmer gently in a stewpan for one hour; strain, and put the liquor by. Now cut up an onion into thin rings, and chop two heads of garlic; fry these with twenty-four cloves a delicate gold colour in two ounces of butter; add three bay-leaves, a sprig of tarragon, one teaspoon of Chili vinegar, and the cocoanut liquor. Let all these boil for about an hour, strain again, and add to it one gill of good thick cream and a pennyworth of saffron that has been dissolved in half a wine-glass of hot water and strained; stir well, add salt to taste, and pour over the fish. Garnish with sliced green ginger and pickled red chillies. This is a very delicate dish. If the sauce is not quite thick enough, add to it a bit of butter rolled in flour.

### 9. Eel Currie.

Well wash and clean two pounds of eels, skin them, cut them into pieces about two inches long. Cut up an



onion into thin rings, fry in two ounces of butter, with twenty-four cloves and two beads of garlic chopped, a nice brown. Then add one tablespoon of best currie powder, fry a minute, add one teacup of water, one tablespoon of tomato conserve, three bay-leaves, one apple well chopped, the seeds of eight cardamoms, salt to taste. Let these simmer gently for half an hour, add two tablespoons of cream, stir, and then the fish; let them stew very gently till the fish is done. Serve with a dish of boiled rice, separately, and sliced lemon.

### 10. Salt Fish and Egg Currie.

Cut up some nice smoked haddock into neat pieces, remove the skin and bone. Have ready four hard-boiled eggs; cut them in half. Cut up an onion into thin rings, and chop two beads of garlic; fry these with twenty-four cloves in two ounces of butter a delicate brown. Now add one tablespoon of best currie powder, stir, add one cup of fish stock, three bay-leaves, the seeds of twelve cardamoms, one apple chopped fine, two fresh tomatoes or one tablespoon of conserve, salt to taste. Let these simmer for half an hour, add your fish, let it remain simmering for ten minutes, and then add the eggs. Dish, and garnish with parsley, and serve with a separate dish of plain rice or kedgree.

### 11. Lobster Currie.

Cut up an onion into thin rings, chop two beads of garlic; fry these with twenty-four cloves a nice brown. Now add one tablespoon of best currie powder, fry again; then put into it the milk of one cocoanut and about a tablespoon of the nut grated, and a wineglass of water, salt to taste. Stew till the lobster seems nicely done, but do not let it cook to pieces or go to rags. Just before serving, add the juice of a lemon. Garnish this to taste, and serve with a dish of plain boiled rice separately.

### 12. Skate Stew.

Boil two pounds of crimped skate in about one pint of water with a little salt; directly the fish is sufficiently done, remove it. Cut up an onion into rings, chop two beads of garlic and three bay-leaves; fry these with twenty-four cloves, a blade of mace, in about two ounces of butter. Add to this the liquor in which the fish was boiled, a roll of lemon-peel, and a gill of cream. Let it simmer gently for half an hour, strain, add a few button mushrooms and the fish; give it a boil up, and serve.

### 13. Lobster Loaf.

Take the top of a cottage loaf, take out all the crumbs, pass these through a sieve, mix them well with a tin of the best brand of lobster, add a small quantity of finely-chopped onion, one head of garlic, the peel of a lemon grated, a little nutmeg ditto, salt and Nepaul pepper to taste. Mix well, and put it into the top of the loaf out of which you took the crumb. Add to it one cup of boiling milk, put a few dabs of butter on the top, and put it in the oven to bake for about half an hour.

### 14. Oyster Patties.

Line some patty pans with a thin layer of puff paste fill in them the following mixture:—Boil some oysters in their own liquor a few minutes, take them out and chop them up small, add a few bread-crumbs that have been soaked in the liquor, a grate of nutmeg, the grated peel of a lemon, a little Nepaul pepper, and salt to taste. Cover each of the patties up with a round of the puff paste, make them stick together by wetting the sides. Bake them in a pretty quick oven a few minutes till they get a pretty golden colour. Serve them garnished with parsley.

### 15. Lobster Patties.

The same as oyster patties, but with the addition of a little chopped onion and parsley, and a spoonful or two of melted butter.

### 16. Oyster Scallop.

Pass some bread-crumbs through a sieve, fry them in some butter a nice brown. Now put some of these crumbs at the bottom of the little china shells used for this dish, and then two oysters with pepper and salt to taste; then a few more crumbs at the top, so as to cover the oysters, and a pat of butter on the top of that. Put them into the oven to warm through, and serve neatly.

### 17. Fish Cutlets.

Boil a smoked haddock for about five minutes, remove all the skin and bone. Now pound the meat in a mortar, with half a nutmeg grated, the grated rind of a small lemon, a little chopped parsley and lemon-thyme, the yolks of two hard-boiled eggs. Mix these with one breakfast-cup of very fine bread-crumbs, bind the mixture with two well-beaten eggs, shape them into

rather good sized cutlets; egg and bread-crumb them, and fry them a delicate golden-brown in ghee. Put some mashed potatoes into a well-buttered, deep-fluted mould, put them into the oven for five minutes. Cut some round slices of stale bread not too thick, cut from these several half-moon-shaped pieces, fry them in ghee a golden brown. Turn out your potato mould in a round dish, stick into them long-ways the moon-shaped pieces of bread, so as to form regular ridges from top to bottom of the mould, between each of these put a cutlet, thin end upwards. Now get a nice *hâtelet*, stick it first through a slice of lemon, then through a nice red tomato, and then another slice of lemon, and stick it right on the top of the moulded potatoes. This is a very simple and pretty dish. Serve with any kind of sauce liked, in a boat.

## 20. Curried Fish Cutlets.

Boil a smoked haddock as before, mash the flesh quite up with a fork after removing the skin and bone, add to it one onion chopped fine, two beads of garlic ditto, half a teaspoon of powdered allspice, one dessert-spoon of currie powder. Mix all well together, add a little flour and a well-beaten egg to bind the mixture, shape into cutlets, fry in ghee a nice brown. Bank up a dish of rice neatly, put the cutlets round it, and garnish with salads and tomatoes. Serve with either currie or tomato-sauce.

### 21. Lobster Croquets.

Mash up the contents of a tin of best brand of lobster with a fork, add to them some fine bread-crumbs, the grated rind of a lemon, a little chopped parsley and thyme, a little grated nutmeg, salt and Nepaul pepper to taste; bind the mixture with two well-beaten eggs, and, if necessary, a little flour. Make them into sausage shape, rather short and thick; egg and bread-crumb them; fry a delicate golden brown. Serve with crisped parsley as a garnish, and fried chip potatoes. Any kind of sauce for fish is nice with this dish, served separately in a sauce-boat.

### 22. Little Fish Moulds.

Mash up any cold white fish you may have, put with it a few bread-crumbs, a little chopped onion, a little parsley and thyme, some Nepaul pepper and salt. Bind the mixture with two well-beaten eggs. Butter some plain dariole moulds, put in your mixture with a little pat of butter on each one; put them into the oven a few minutes. Turn them out carefully; if they stick at all, just pass a *small* sharp knife round them, and they will come out quite easily. Dish them on paper thus—Four moulds put close together cross-shaped, and one to surmount the four

on top. Fry some good-sized pieces of bread diamond shape; put these between each mould on the paper, one point of the diamond in, and the other out. Cut a hard-boiled egg in quarters, and put a quarter standing up between the moulds. Garnish the top with parsley and sliced beetroot, and on each piece of bread at bottom put a nicely-baked small red tomato. Surround the whole with parsley or salad, as desired. This is a pretty dish, and nice either hot or cold.

### 23. Fish in Aspic.

Make some savoury aspic thus:—Get a packet of Nelson's Gelatine, soak it all night, and put it into a pot with just enough water, according to the directions given. Now flavour with a roll of lemon-peel, a spoonful of clove vinegar, ditto one of tarragon, ditto one of Chili, ditto one of chervil. Let it boil; clear it with the whites and shells of two eggs well beaten; strain through a jelly-bag. Now have ready some fish cooked thus,—Two pounds of eels well cleaned and skinned, cut them into pieces two inches long, sprinkle over with currie powder, and fry in ghee a nice colour. Put some of the jelly in a nice-sized mould; let it set; then arrange the fish, with some lemons cut in dice, and some macedoines, prettily on the jelly; then put over some more jelly, let

that set also, and again arrange the fish, &c., nicely ; and so on till the mould is full ; set it on ice. Before taking it out of the mould, have a vessel of hot water as large as the mould ; put the mould in for a second or two, and turn out. Garnish with all kinds of salads.

#### 24. Oyster Stew.

Make a nice gravy as follows:—Cut up an onion into thin rings, fry in butter two ounces a pale brown, then, add the liquor from two dozen oysters, six cloves, three bay-leaves, a bunch of herbs, one head of garlic bruised, a roll of lemon-peel, one blade of mace, a pinch of Cayenne, salt to taste ; add to this the liquor of a small tin of button mushrooms. Simmer gently for twenty minutes ; strain ; thicken the liquor with a bit of butter rolled in flour ; then add the oysters and the mushrooms. Let them simmer together gently for about twenty minutes. Before serving, add one tablespoon of mushroom ketchup and a few drops of lemon-juice. This is a very delicious way of dressing oysters.

#### 25. Fish in Savoury Batter.

Have some soles nicely filleted. Prepare a batter thus:—Beat up an egg well, mix too tablespoons of flour



with enough milk to make it the consistence of *thick* cream; to this add the beaten egg; then add some salt and Nepaul pepper to taste, and about half a teaspoon of dry mixed herbs (as for veal stuffing), and half a teaspoon of *very* finely chopped onion. Dip your fish into this mixture, and fry in ghee a nice golden-brown. Put them on a wire sieve to drain off the fat. Dish nicely, and garnish with crisped parsley fried in ghee.

## 26. Dry-Haddock Currie.

Put a good-sized haddock into a saucepan with a little water; boil it for about seven or eight minutes; remove all the skin and bone and flake the fish. Cut up an onion into thin rings, fry in three ounces of butter a nice golden-brown; add one tablespoon of currie powder; stir; let it fry a minute. Now add twelve cloves, two bay-leaves chopped fine, ditto two cloves of garlic, and the seeds of eight cardamoms; stir; add the flaked fish, and one tablespoon of tomato conserve. Let this cook gently, stirring all the time to prevent burning, till the currie is quite dry. Serve on pieces of fried bread, pile them on a plate, and sprinkle them over with chopped parsley as a garnish.

### 27. Oyster Cutlets.

Stew one dozen oysters in their own liquor till soft; now remove them, and chop the oysters *very* small. Soak one cup of bread-crumbs in the liquor, squeeze them dry if they are too wet, mix them with the chopped oysters; add the yolks of four hard-boiled eggs that have been pressed through a wire sieve, the grated peel of a small lemon; a little nutmeg, a tablespoon of chopped mushrooms, salt and Nepaul pepper to taste. Bind the mixture with a well-beaten raw egg; if not quite firm enough, add a little flour; shape it into nice-sized cutlets; egg and bread-crumbs them, fry in ghee a nice colour. Serve on a stand of mashed potatoes, and decorate with parsley, sliced lemon, &c. &c.

### 28. Water Souchy.

Nicely wash and trim some fish, if large, cut it into nice-sized pieces, put them into enough water to cover them nicely; care must be taken that the fish is not overdone. Boil all the parings, add parsley roots and leaves cut into shreds; season with pepper and salt; skim it carefully when it boils. Its excellence rests in its simple cookery. Serve it up in a deep dish or tureen, in its own gravy, which should be rich and clear. Serve with brown bread and butter.

### 29. Cold Fish, Dressed. •

Take any kind of cold fish you may have, trim it neatly, and put it on a dish. Boil half a pint of vinegar with twenty-four cloves, a blade of mace, a stick of cinnamon, and some peppercorns, also two beads of garlic crushed. Let this simmer gently for about ten to fifteen minutes; strain it on to the fish. Now garnish with green ginger cut in slices, and green or red chillies cut in halves, some hard-boiled eggs cut in quarters, and salad if liked.

### 30. Dressed Lobster.

Take out the meat of the lobster, and dish it neatly; garnish with the coral nicely laid about the dish, and put over it the following sauce:—One tablespoon of French mustard dissolved in half a pint of vinegar, to which add one teaspoon of tarragon vinegar, one ditto chervil, one ditto garlic, one ditto Chili; stir, and then add enough castor sugar to give it a pleasant flavour. Garnish with tufts of parsley and little mounds of turned olives.

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## PART V.—BEEF, MUTTON, &amp;c.

## 1. Beef a-la-mode.

Take four pounds of beef, cut it into pieces of about four ounces each ; dip them into equal parts of ordinary and shallot vinegar, then roll them in the following seasoning:—Grated nutmeg, black pepper, allspice, two or three pounded cloves, and some salt ; add parsley, lemon-thyme, marjoram, and any other sweet herbs shred fine. Put into the stewpan some fine suet or beef-lard, with any dressings from the meat, and let it melt over the fire. Dredge the meat with flour, and put it into the stewpan with three or four onions stuck with spice, and two or three beads of garlic to every pound of meat ; shake, and turn it constantly till the meat is browned on all sides ; add a large carrot to every pound of meat, and one pint of browned boiling water, some salt, pepper, and allspice. Fix the top of the stewpan with common flour-paste, and set it to simmer gently for from three to

four hours. When done, if not thick enough, take out a little of the stock, and, when cool, thicken with some ground-rice flour, and give it time to cool; wine or acids may be added. Serve this up with endive, beetroot, or other salads in season.

## 2. Beef-Steak Pie.

Cut about two pounds of rump-steak into thin pieces about two inches wide and three long. Put these in a pie-dish thus: A layer of meat, some sliced onions and chopped garlic, some sliced hard-boiled eggs, some cloves, and some button mushrooms, and a few turned olives. Mix in o a cup of good strong gravy one saltspoon of black pepper, one ditto Nepaul pepper, and one and a half of salt; stir it well, and throw over the meat in the pie-dish. Now cover with a good short crust, and ornament it as desired. Bake a nice brown, and serve very hot.

## 3. Collard Beef.

The pieces generally used for this are the thin flanks, short ribs, and leg, boned; all the coarse sinews being removed; and it is prepared as follows:—If the collar is

to be roasted, sprinkle the meat with garlic vinegar, brush it with egg, and strew over some sweet herbs, cooked oysters, mushrooms, or any force-meat; or lay a piece of bacon in the middle, and season highly. Then braise it partially, and roll and tie it up nicely in a bandage of cloth, and cook it in a saucepan; or braise it, and let it cool in the cloth. It may be larded and roasted, and served with gravy, or brush it with egg sprinkled with crumbs, mushrooms, &c. Glaze it, and serve as other roast meats; it can be served cut in slices when cold.

#### 4. Steak Pudding.

*Partly* stew about one pound of rump-steak in half a pint of water; let it cool. Now make an ordinary suet-and-flour crust, line a pudding-basin with it, and put in your meat in layers thus: Meat, thinly-sliced onion, a little chopped garlic, sliced tomatoes, two or three cloves and a little chopped green chilli if in season—if not, a little Nepaul pepper and salt to taste. Pour in the gravy from the meat, cover the basin up with crust so that it is wholly covered up, tie a cloth over, and boil for about two and a half hours. Turn out on to a dish, and serve. This can be ornamented with vegetables, mushrooms, &c. &c.

### 5. Italian Steaks.

Take the steaks from the middle of the rump when tender, rub them with pounded mace, pepper, and salt; put them in a stewpan, and close the top with coarse paste (flour and water only). Put it over hot ashes for three or four hours.

### 6. Beef Haricot.

Cut up an onion in slices, fry in three ounces of butter, with twenty-four cloves and two beads of garlic chopped fine, a nice colour. Now add one pound of steak that has been cut into neat pieces about two inches square; fry a minute or two; then put in one pint of water, three bay-leaves, let this simmer gently for about one and a half hours, remove the bay-leaves, add one packet of Edward's Brown Desiccated Soup; let it cook for about ten minutes, and then add half a pint of haricot beans that have been previously cooked till soft; add salt and Nepaul pepper to taste, and two tablespoons of mushroom ketchup; warm thoroughly through, and serve with sippets of fried bread.

### 7. Scotch Scallops.

Cut any pieces of tender lean beef into slices; brown some butter and flour in a saucepan, put in the beef with

some finely-minced onion, pepper and salt (half a minced apple is an improvement); add a little hot water, cover the pan closely, and stew till tender.

### 8. Beef Gobbets.

Cut a piece of beef into small bits; season them with salt, pepper, grated lemon-peel, nutmeg, and some parsley, shallot, and one bead of garlic finely chopped. Fry them brown in butter, and stew them till tender in a rich brown gravy, adding a tablespoon of vinegar and one of port wine. Put thickly over them grated bread and a little butter, and brown them with a salamander.

### 9. Beef Olives.

Cut the steaks very thin; cover them with *glacé*, which must be highly seasoned with mushrooms; roll up tight, and tie them firm, and stew them in highly-flavoured brown gravy; or egg and bread-crumbs them, and fry in ghee a nice colour; and serve with an oyster *ragout*.

### 10. Tongue Stewed.

Boil a fresh ox-tongue three-parts, then finish, stewing it gently, with a strongly flavoured brown gravy (as Sauce



recipe No. 18), to which add sliced parboiled carrots and turnips. Stew for about one hour; if the gravy is not thick enough, add a bit of butter rolled in flour to thicken. Serve the tongue whole, with the vegetables round it, and the gravy in a sauce-boat.

### 11. Beef Currie.

Cut up an onion into rings; fry in two ounces of butter, with twenty-four cloves and two beads of garlic chopped fine. When the onions take a nice colour, add one tablespoon of best currie powder; stir; and then add one pound of rump-steak cut into neat little pieces. Fry all for about two or three minutes; then add a cup of water, one minced apple, two tablespoons of tomato conserve, the seeds of eight cardamoms, and one tablespoon of cream; salt to taste. Let all these simmer *very* gently for about two hours. Before serving, add a squeeze of lemon. Serve with a dish of plain boiled rice separately.

### 12. Dry Currie.

Cut up an onion into thin rings, chop two beads of garlic fine, and fry these in three ounces of butter, with

twelve cloves, a nice brown. Add one tablespoon of best currie powder; stir; and then add one pound of rump-steak cut into small square pieces, the seeds of eight cardamoms, three bay-leaves chopped fine, and salt to taste. Keep stirring so that it does not burn; fry till it is quite dry. Dish; garnished with either endive or macedoines, and squeeze half a lemon over. Serve with a separate dish of rice. Either kedgree or pillau rice eat well with this currie.

## VEAL.

### 13. Calf's-Head Stew (Brown).

Take the head that comes from any of the calf's-head soups; cut nice-sized pieces off it; set aside. Now make a good strong highly-seasoned clear gravy (season as for strong savoury)—about one pint will be sufficient; thicken with a little butter rolled in flour. Add to this one tin of button mushrooms, half a bottle of turned olives. Let these simmer gently in the gravy for about half an hour; then put in some highly-seasoned force-meat balls, and lastly the meat from the head. Give it a thorough warm through, and serve with sippets of fried bread. This is delicious.

#### 14. Calf's Head (White).

Take half a head, that has not been cut into, from any of the soups. Pour over it a sauce made as No. 11 (Brain Sauce), only add one ounce extra almonds, and make it rather thick. This is a *very* delicate dish. It can be covered with parsley sauce if preferred.

#### 15. Veal (White) Mince.

Make an ordinary melted-butter sauce, as No. 1, about one pint. Put to this one pound of minced cold roasted veal, with a blade of mace, a roll of lemon-peel, and a little grated nutmeg. Let it ~~simmer~~ simmer very gently for about half an hour. Remove the peel and mace, add salt and pepper to taste, and serve with sippets of fried bread.

#### 16. Veal Cutlets with Maccaroni.

Boil a quarter of a pound of maccaroni, cut it into two-inch pieces. Well beat, and shape nicely into cutlets, one pound of veal; egg and bread-crumb them; fry in ghee a delicate colour. Make a good brown sauce (plain),

thicken it, and add to it three ounces of Parmesan cheese ; salt and Nepaul pepper to taste. Put the cutlets in the middle of the dish, with the maccaroni all round ; pour over it the gravy, and serve hot.

### 17. Veal Cutlets with Tomatoes.

Fry some veal cutlets as for previous recipe, and pour over them a rich *purée* of tomatoes made thus :—Cut up an onion into thin rings, chop two beads of garlic fine, and fry these, with twelve cloves and three bay-leaves, a delicate colour, in three ounces of butter. Now add one bottle of tomato conserve, one dessert-spoon of tarragon vinegar, and Nepaul pepper and salt to taste ; strain, and use. Fried sippets of bread are an improvement.

### 18. Breast of Veal.

Roast a breast of veal three-parts ; take it out of the oven, brush it over with a well-beaten egg, and then sift over it some fine bread-crumbs that have been passed through a sieve. Put it back into the oven, and let it get a nice golden-brown colour. Chop up small one or two hard-boiled eggs, and sprinkle over the breast as a garnish. Serve with fried chip potatoes, and a boat of good plain brown sauce.

### 19. Veal-Kidney Stew.

Make one pint of rich gravy (as strong savoury); stew in it one pound of veal kidney cut into neat-sized pieces. Let it simmer for one hour; then add some flour rolled in butter, to thicken it, and a few button mushrooms and turned olives.

### 20. Veal Currie (White).

Cut up an onion into thin rings, chop two heads of garlic, and fry in two ounces of butter, with twenty-four cloves, a golden brown; add one teaspoon of best currie powder, three bay-leaves, the seeds of eight cardamoms, and salt to taste; and one cup of cream, and a little white stock. Let this simmer gently for half an hour; strain; then add to it about one pound of cold veal cut up into nice squares; let it get warm through. Just before serving, add a squeeze of lemon. Serve with a separate dish of plain boiled rice.

## MUTTON.

### 21. Koftas.

Take about one pound of lean cold mutton, pound it in a mortar; add a few bread-crumbs, some finely-minced

onion, two beads of garlic ditto, two green chillies ditto, or Nepaul pepper to taste, a little salt; mix with this half a packet of allspice; bind the mixture with a well-beaten egg, flour, and fry in ghee a delicate colour. Make them cutlet-shape. Garnish with crisped parsley.

## 22. Mutton Haricot.

Have some nicely-cut and trimmed chops from a neck of mutton, slice up a large carrot, a turnip, and one onion into rings; chop three beads of garlic; now fry all these in three ounces of butter, with twenty-four cloves; let them take a good colour; then add one pint of good brown gravy; let them simmer gently till done; thicken the gravy with a little butter rolled in flour; add salt and Nepaul pepper to taste.

## 23. Caddy-Maddy.

Have some nicely-trimmed neck chops; put some in a deep soup-plate, and then some sliced onions and potatoes, then chops, and again onions and potatoes; season with pepper and salt; put in enough water to cover the meat, &c.; cover over another soup-plate, close it round with common flour-and-water paste, put it into a large pot of water, and boil thus for about one-and-a-half or two hours.

### 24. China Chilo.

Take some nice chops from the best end of neck of mutton; put these into a stewpan, with one pint of green peas, one nice lettuce, twenty-four cloves, one dozen button onions, pepper and salt to taste; just cover this with water, and let it simmer gently till all is done. Serve in a deep dish, gravy and all. This dish is pice eaten with plain boiled rice.

### 25. Hashed Mutton.

Cut up some cold mutton into thin slices, trim them neatly about two inches square, dredge them over with flour; now have ready about three-quarters of a pint of good well-flavoured stock or gravy (as for strong savoury); put your meat into it, and let it warm through thoroughly. If not quite thick enough, add a little butter rolled in flour. \* Garnish with sippets of fried bread.

### 26. Mutton Mould.

Pound one pound of lean cooked mutton in a mortar, soak one cup, large, of bread-crumbs in good strong

gravy, mix the mutton and crumbs well together, add one saltspoon of salt, one ditto mixed spice, one ditto allspice, one ditto Nepaul pepper, one small onion chopped, ditto two beads of garlic, and one tablespoon of parsley; put to it a well-beaten egg; mix well. Put the mixture into a well-buttered plain mould, let it steam for about one hour; turn out on a border of mashed potatoes, and garnish with parsley and fried bread cut in fancy pieces. Serve with either tomato or mushroom sauce, in a boat separately.

### 27. Brain Cutlets.

Take the skin of the brains without breaking them, and let them soak for two hours in lukewarm water; put them in a stewpan half full of boiling water, with half a pint of vinegar and a little salt; let them boil till they are firm, then put them to drain; make a light batter, cut the brains and dip them into it, and fry in ghee a nice golden colour over a quick fire. Garnish with fried parsley.

### 28. Soused Sheep's Head.

Get your butcher to dress a sheep's head with the skin on, as calf's head; well wash and clean it; boil in salt



and water till quite tender and the skin gets gluey ; now take it out and let it cool (the liquor makes good soup or gravy) ; cover with the following sauce :—Boil half a pint of vinegar with two beads of garlic bruised, twenty-four cloves, a blade of mace, three bay-leaves, one table-spoon of tarragon vinegar, for about fifteen minutes ; strain this over the head. Garnish with slices of green ginger, green or red chillies, and sliced hard-boiled eggs.

### 29. Mutton Kabob for Pillaus.

Cut up some nice lean mutton into small squares, also cut up an onion and three or four beads of garlic, a little green ginger sliced, and some green or red chillies ; string these on skewers alternately, sprinkle over with ground allspice, and fry in ghee a nice colour.

### 30. Mutton Currie.

Cut up one pound of mutton in small pieces, also one small cauliflowef into small sprigs, one turnip and one carrot into small pieces. Cut up an onion into thin rings, three beads of garlic small ; fry these in two ounces of

butter with twenty-four cloves a golden brown; add one tablespoon of best currie powder, stir and fry a minute, then add the meat and carrots, one pint of water, the seeds of twelve cardamoms, and three bay-leaves. Let these cook for about an hour gently, then add the turnips and cauliflower, salt to taste; let it simmer till the cauliflower is done, and just before serving add one tablespoon of tamarinds that have been pulped in a little water and strained. Serve with a separate dish of boiled rice.

## LAMB.

### 31. Lamb Cutlets.

Take the cutlets from the best part of the neck, trim them neatly, beat them thin, egg-and-bread-crumb them, fry them a nice delicate brown in ghee; let them drain from any fat there may be. Put some nicely-mashed potatoes into a nice, plain, rather deep-border mould that has been well buttered; put them in the oven a few minutes, turn out on to a nice round dish, fill the centre up with a good spinach purée made nice and thick, and put the cutlets all round neatly. Garnish with parsley and tomatoes, and serve with tomato sauce in a sauce-boat.

### 32. Lamb-Potato Cutlets.

Take some cutlets as before, and trim them just the same. Now cut up an onion thin, and then chop very small; chop some lemon-thyme, and grate a little lemon-peel. Dip the cutlets into hot ghee, and half-fry them, and then roll them in the onion and flavouring; sprinkle them well over with Nepaul pepper and salt. Now mash some potatoes, mix with them the yolks of two raw eggs, a little butter, and salt. Cover your cutlets over with this mixture into a neat shape. Now fry these a delicate brown in ghee; let them drain on a sieve from any fat there may be. Serve them on a dish-paper heaped up, and garnished with tufts of parsley.

### 33. Lamb's Liver, Indian.

Cut up the liver into thin pieces. Cut up an onion into thin rings, chop two beads of garlic, and fry in three ounces of butter, with twenty-four cloves, a nice colour. Now dust the pieces of liver well over with best currie powder. Fry a nice colour. Arrange this nicely on a dish. Garnish with slices of lemon, and onions fried brown and crisp. Serve with a dish of kedgree made of rice and lentils.

### 34. Lamb's-Head Stew.

Get the head prepared as calf's head with the skin on. Clean it well. Boil it in just enough water to cover it, with one onion, one carrot, one turnip, three bay-leaves, twenty-four cloves, one blade of mace, and salt and pepper to taste. Take the head out when it is quite done, also the vegetables; strain the liquor, thicken with a piece of butter rolled in flour; add a teaspoon of tarragon vinegar, one of Chili ditto, and one tablespoon of mushroom ketchup. Lay the head in the centre of the dish, slice the vegetables, and lay them round; then pour over all the gravy. Garnish with sippets of fried bread, and tufts of parsley.

### 35. Stewed Breast with Cucumber.

Half-roast the breast, let it get brown, then add a sufficient quantity of nicely-flavoured stock with sliced cucumbers, sweet herbs, pepper, and salt. Stew it gently without boiling. Thicken the sauce, before serving, with a little butter rolled in flour.

### 36. Shoulder of Lamb à la Polanaise

Cut the meat from the top, and a little from the bottom, of a roast cold shoulder, so as to preserve its

shape. Lay the shoulder in a baking-dish, and surround the joint with mashed potatoes. Mince the meat that has been cut off very fine. Chop an onion, put it into a stewpan with a little butter, and fry it a light brown; add a tablespoon of arrowroot, a pint of brown sauce, with half the quantity of stock. Boil for a few minutes; add the beaten yolks of two eggs; stir well. When the eggs have set, put it over the shoulder, and egg it well; sprinkle with bread-crumbs, and bake it in a moderate oven-salamander a light brown; and serve with seasoned gravy round it.

### 37. Leg of Lamb with Artichokes.

Boil a small leg in a paste made of coarse flour and water. Remove the paste; put the leg in the centre of the dish, and cover with a *purée*, rather thicker than usual, of Jerusalem artichokes.

### 38. Hotch-Potch.

Take as many lamb chops as you please, free them from fat; prepare carrots, turnips, onions, green peas, celery, lettuce, cut into small slices. Place a layer of chops in

the stewpan, a dust of Nepaul pepper and salt, and then the vegetables, and so on until all is done; then cover with water, and let it simmer gently for three hours. The vegetables must be well cooked, but not dissolved.

### 39. Fricandellans.

Mince the lean of cold lamb very fine. Soak the crumb of a large slice of bread in milk; mash it, and mix with it the minced meat, a beaten egg, some chopped parsley and thyme, a little grated lemon-peel, pepper, and salt. Make them into little flat cakes, and fry a nice colour in ghee. Serve up dry, or with a rich gravy.

### 40. Irish Stew.

Get some of the best end of neck of lamb, free it from fat. Cut up an onion into rings, chop two heads of garlic; fry, with twenty-four cloves in two ounces of butter, a nice colour. Add your chops; fry a little, and then add some potatoes nicely peeled and cut in halves; put pepper and salt to taste, and cover with water. Let this simmer gently till the potatoes are quite dissolved; remove the cloves, and dish. Irish stew done thus is far superior to the English method.

## PART VI.—POULTRY AND GAME.

### 1. Indian Boiled Fowl.

Truss the fowl as for boiling. Parboil some rice; drain; mix with it a good pat of butter, the seeds of eight cardamoms, salt and pepper to taste, three or four cloves. Stuff the fowl with this well. Now make a paste of coarse flour and water, wrap your fowl in it, and boil four about two hours. Remove the paste—take care not to lose the gravy; put the fowl on a dish, and pour its own gravy over it. This is delicious as it is, but, if a sauce is desired, liver-and-lemon goes well with it. Garnish the fowl with water-cress.

### 2. Minced Fowl.

Mince some mushrooms; cook them in butter, sweet herbs, mace, white pepper, lemon-zest, salt, and a little

cream. When done, take out the sweet herbs, and put in the mince—just to warm—with a little lemon-juice, and dish in a border of rice. Garnish with sliced lemon.

### 3. Rissoles of Fowl.

Pound the meat of a cooked fowl, freed from gristle and skin, in a mortar; add to it some *very* thick butter sauce; season nicely with a little chopped thyme, grated lemon-peel, a grate of nutmeg, Nepaul pepper and salt to taste. Mix well; let it get cold; divide into small balls, and wrap them in nice pastry. Fry them in ghee, and serve with fried parsley.

### 4. Kabob Liver with Oysters.

Cut the livers all one size; allow three oysters to every liver. Season them well in sweet herbs, spices, and salt; dip them in yolks of eggs, and roll them in bread-crumbs with the other ingredients; thread them on skewers, and broil them in buttered paper. Serve them in buttered gravy and lemon-juice. Garnish with slices of lemon.

### 5. Spatchcock.

Get a nice tender chicken, and truss it as for roasting. Now put it on the board, and split it right down the



back, but not through the breast. Put it breast downwards, and flatten it by beating it. Now dust it with pepper and salt, and broil it before the fire till a nice bright colour; baste it with butter from time to time. When done, pour half a cup of good clear white stock over it, and add a few drops of lemon-juice. Some dust the chicken with good currie powder, and then broil it; and it is very nice either way.

#### 6. Chicken Cutlets.

Parboil a chicken, take off all the flesh, free it from sinew and skin, beat it to a mash. Now add some fine bread-crumbs, a little pepper and salt; bind the mixture with yolks of eggs; shape into nice cutlets, egg-and-bread-crumbs them, and fry a bright golden brown in ghee. Serve with a simple sauce of brown and thickened butter. These cutlets can be seasoned highly, and served with tomato sauce. They should be dished on a mould of rice or mashed potatoes, and garnished with fried bread, parsley, and hard-boiled eggs in quarters.

#### 7. Chicken Fricassée.

Put into a stewpan half a pint of water, two tablespoons of butter, one ditto of flour, some salt and white pepper.

Stir all together till it is hot, and add a chicken cut in joints and skinned, with two onions minced and a blade of mace. Stew it for an hour, and, a little before serving, add the yolks of two eggs well beaten, with two tablespoons of cream; stir it in gradually, taking care it does not boil. Whenever eggs and cream are added, and used for thickening, never let it boil, or else it curdles.

### 8. Country Captain.

Cut up a chicken into nice neat joints, sprinkle it all over with currie powder. Cut up an onion into rings, fry it in three ounces of butter brown and crisp. Take the onions out, and set them on one side. Now put in the chicken in the same pan with the butter in which the onions have been fried. Fry a nice colour; dish neatly, and sprinkle over the top the fried onions. Garnish with sliced lemon and tufts of parsley.

### 9. Burdwan Stew.

Take a roasted or boiled fowl, cut it into pieces, and put them in a stewpan. Put in two ladlefuls of stock, with two dozen anchovies, a glass of white wine, some melted butter, some boiled or roasted onion, pickled oysters, and Cayenne pepper; stir; warm it through, and add a little lemon-juice.

### 10. Chicken with Peas.

Cut up a chicken into joints; put them in a stewpan, with one quart of green peas, a bit of butter, one small onion, a sprig of parsley, and a few mint-leaves; moisten them with gravy, and put on the fire; dust them with flour, and boil till the sauce is thick; add a little salt, just before serving, with a little sugar.

### 11. Chicken Pie.

Parboil, skin, and cut up neatly two young chickens; season them with salt, pepper, grated nutmeg, and mace mixed; put with them a little butter rolled in flour. Lay them in a dish, with the livers and gizzards well seasoned, some force-meat balls, a few thin slices of ham; add half a pint of gravy, a glass of wine, a tablespoon of chopped mushrooms, three hard-boiled eggs in slices. Cover with puff paste, and bake a nice colour.

### 12. Chicken Currie.

Cut up a chicken into nice joints. Cut up an onion into thin rings, chop two heads of garlic, and fry in

three ounces of butter, with twenty-four cloves and three bay-leaves, a nice colour; add a tablespoon of currie powder; stir; and then the chicken cut into joints. Stir all well, and let it fry; and then put to it one heaped-up tablespoon of desiccated cocoanut (not sweet) that has been put to soak twelve hours previously in half a pint of boiling water; add water and all. Let this simmer gently for about one to one and a half hours; add salt to taste, and, just before serving, squeeze in half a lemon. Serve with a separate dish of boiled rice.

### 13. Currie Puff.

Strip the flesh off any cold chickens you may have, free it from skin and gristle, chop it *very* fine; cut up an onion into thin rings, chop three beads of garlic, two bay-leaves, one sprig of tarragon, and fry this in two ounces of butter, with twenty-four cloves, a nice colour: then add one tablespoon of currie powder, stir and fry; lastly put in the chicken mince, stir well; add the seeds of twelve cardamoms, and two tablespoons of tomato conserve; mix all well, and let it gently simmer for about twenty minutes; have ready some ordinary puff paste, roll it out into nice-sized squares, put a little of the currie mixture into each, and make them like three-cornered jam tarts; fry these in butter a nice delicate brown;

serve on a dish-paper heaped one on the other, with tufts of parsley between as a garnish. These are nice hot or cold. In India pastry is very much used fried instead of baked.

#### 14. Kofta Puffs.

Mince up the chicken as in previous recipes; sprinkle the mince well over with mixed spice, allspice, salt, and Nepaul pepper; cut up an onion into thin strips, and then chop it, also three beads of garlic, a sprig of tarragon and chervil, and two bay-leaves; fry these in two ounces of butter, with twelve cloves, a delicate brown, then add your flavoured mince; stir and fry all for about fifteen minutes; make the paste as before and put the mixture in, and fry in the same way. They are nice fried in clear good olive oil.

#### 15. Chicken Cream.

Line a plain mould with aspic jelly, then arrange in it some boiled carrots, turnips, green peas, beetroot, and chervil leaves; cut the vegetables with a small fancy cutter, and set them with a little liquid aspic; when set.

fill up the mould with the following :—Pound in a mortar all the white meat from a cold chicken or chickens ; add a grating of lemon-peel, also nutmeg, a little chopped parsley and thyme, the yolks of three hard-boiled eggs bruised to a paste, salt, white pepper, one teacup of good thick cream, and mix well ; then add half a pint of liquid aspic jelly, mix well, and fill up the mould with it ; set it on ice and let it get quite set ; dip it in hot water a moment, and wipe the water off and turn out. Garnish with chopped aspic and salads of all kinds, and the whites of the eggs cut into strips.

### 16. White Cutlets.

Pound the white meat of a cold chicken, add a grating of lemon-peel, nutmeg, a pinch of chopped lemon-thyme, salt, Nepaul pepper ; grate some bread fine ; mix this with a tablespoon or two of thick cream, then mix all the ingredients up together ; add the yolks of two raw eggs ; if the mixture does not appear hard enough to handle, add just a little flour ; shape these into nice flat cakes, poach them in milk and water for about fifteen minutes ; take them out and lay them neatly in a dish, and pour over them some rich "brain sauce" or "melted butter." Garnish with little button mushrooms that have been just warmed up.

### 17. Chicken Mould.

Finely chop up the meat from a cold chicken, add one cup of bread-crumbs, one onion minced fine, one bead of garlic ditto, one spoon of chopped parsley, one ditto lemon-thyme, salt and Nepaul pepper to taste; moisten with some good strong stock, well beat up two eggs; mix all well together. Well butter a nice deep fluted mould, put your mixture in, and put it in the oven till it is well set and firm.

Make a mash of some potatoes with butter, pepper, and salt; add the yolks of two raw eggs; put this into a plain flat cake-mould that has been well buttered, taking care to have the mould two inches larger in diameter than the mould in which you have the chicken; put this into the oven for a few minutes, let it get a nice colour; turn out on to a dish-paper, and turn out the chicken mould on the top of the potato. Garnish with tiny little sprigs of parsley running from top to bottom in each fluting, and a few sprigs round the potato; stick a piece of truffle on a *hâtelet*, then a small red tomato, and stick this right on the top.

### 18. Chicken fried in Batter.

Neatly joint a cold chicken, dip each joint into a batter made as follows, and fry in ghee a delicate golden colour:

—A quarter of a pound of flour, the yolks of two raw eggs, one tablespoon of olive oil; mix all well with enough cold water to make it a stiff batter; whip the whites of the eggs to a stiff froth, with a pinch of salt, and add this to the batter; stir and use. Serve with fried parsley as a garnish. Some like the batter seasoned with onions, thyme, and cayenne.

### 19. Chicken Moullé.

Cut up a raw chicken into neat joints, put it in a stew-pan, with just enough water to cover it; add one onion, one shallot, a blade of mace, a stick of cinnamon, and twelve cloves, two bay-leaves, salt to taste; let this stew gently for about one hour, take up the chicken, strain the liquor, add to it one teacup of cream, one teaspoon of best currie-powder, and a tablespoon of sweetened cocoanut that has been steeped in half a cup of water all night; mix well together, add salt to taste, put in the chicken with it, and let it remain on the side of the fire for about fifteen minutes; thicken with a little butter rolled in flour. Garnish with sliced green ginger and pickled red chillies.

### 20. Chicken Pish-Pash.

Cut up a raw chicken into neat joints; put it in a stew-pan, with one onion, one shallot, one blade of mace, twelve



cloves, twenty-four peppercorns, two bay-leaves, and salt to taste; put enough water to well cover it, simmer gently for one hour, take up the chicken, strain the liquor; now put the liquor and chicken back in the pan, and add to it two ounces of fine rice: the cheaper kind is best for this, as it must be served up thin, that is, the rice not thicker than cream.

## RABBITS.

### 21. Fried Rabbit.

Parboil a nice tender rabbit, cut it into neat joints, dip it in egg and bread-crumbs, and fry in ghee a delicate brown. Serve with fried parsley as a garnish. This can be done with batter, if liked better; it is very nice either way. Tomato sauce is a nice accompaniment.

### 22. Rabbit Currie.

Cut up a nice young rabbit into neat joints. Cut up an onion into thin rings; chop up three beads of garlic, two bay-leaves, and one apple; fry these in three ounces of butter, with twenty-four cloves, a nice colour. Now add a tablespoon of currie powder, one cup (small) of water, one

cup of tomato conserve, the seeds of twelve cardamoms, salt to taste. Let this simmer gently for two hours. If the liquor gets too thick, add a little more water. Just before serving, squeeze in the juice of a lemon. Serve with a separate dish of plain boiled rice.

### 23. Rabbit Stew.

Cut up a nice young rabbit into neat joints. Cut up an onion into thin rings, chop up two beads of garlic and two bay-leaves; fry these in two ounces of ghee, with twenty-four cloves, a nice colour. Now add your rabbit; fry all for a few minutes, dust it well over with flour, add enough water to cover it; put in a few button onions, a few turned olives, and a few button mushrooms; salt to taste. Let it simmer gently for about one hour. If not thick enough, add a little butter rolled in flour. A little chopped green chilli is a great improvement, if liked.

### 24. Rabbit Pie.

Parboil a nice young rabbit, with a nice lean piece of bacon; cut both up into nice-sized pieces. Cut up a large onion into thin slices, also three or four beads of garlic. Chop some chillies (green or red), and slice four hard-

boiled eggs. Put these in a pie-dish in layers, with three or four cloves between each layer; also two or three sliced tomatoes. Then add some of the liquor in which the rabbit was boiled. Cover with a nice short crust, and bake a golden-brown. This is a delicious pie.

## PIGEONS.

### 25. Pigeon Pie.

Parboil four pigeons in just enough water to cover them; cut them right through in halves, lay them in a pie-dish, dust with a little best currie powder, and put with them an onion sliced, also three beads of garlic, four hard-boiled eggs, a few cloves, some turned olives, a few button mushrooms, salt to taste; add the liquor in which the birds were boiled, and two or three chopped green chillies, or a little Nepaul pepper. Cover with a nice puff paste, and bake a delicate brown.

### 26. Pigeons with Mushrooms.

Prepare the birds as for roasting. Chop up some mushrooms, season with salt and Nepaul pepper. Stuff

the birds with this, and put a bit of butter inside of each. Roast before a clear fire to a nice colour. Serve the birds on pieces of fried bread, with a clear gravy sauce, in which put a few drops of lemon-juice. Garnish the birds with sliced lemons.

### 27. Pigeon Currie.

Cut up three or four young pigeons right through in halves. Cut up an onion into thin rings, chop up three beads of garlic with two bay-leaves; fry these in two ounces of ghee, with twenty-four cloves, a delicate brown. Now add one tablespoon of currie powder, a stick of cinnamon, a blade of mace, the seeds of twelve cardamoms, the pigeons, and one large cup of water; salt to taste. Let this simmer gently by the side of the fire for one hour or more; then add one packet of Edward's Desiccated Soup, one tablespoon of tomato conserve, and a little gravy. Let it simmer for half an hour longer. Add the juice of half a lemon. Before serving, remove the cinnamon and mace. Serve with a separate dish of rice.

### 28. Pigeon Stew.

Cut the birds right through in halves. Cut up an onion into rings, and then chop fine; also two beads of

garlic, three bay-leaves, and a little lemon-thyme; fry these, with twenty-four cloves, in three ounces of butter. Dust the birds well over with flour; fry these also; then just cover them with water. Add salt to taste, one teaspoon of Chili vinegar, one tablespoon of mushroom ketchup, one tablespoon of tomato conserve, the seeds of eight cardamoms, and a little lemon-juice. Let this simmer gently for about one and a half hours. Take up the pigeons, strain the gravy over them, and garnish with sippets of fried bread, and watercress.

### 29. Fried Pigeons.

Cut the birds in halves, dust them with salt and Cayenne pepper; fry them in ghee a nice colour. Make a thick gravy with brown butter and flour, to which add the juice of half a lemon. Strain this over the fried birds. Garnish with sliced green ginger and green or red chillies.

### 30. Pigeon Cassolettes.

Take the flesh off cold pigeons, pound it in a mortar; add to it a little chopped green ginger, ditto one or two

chillies, salt, one bead of garlic, one shallot, and a salt-spoon of ground allspice; fry this in ghee. Now well butter some patty-pans, line them with a thin layer of puff paste. Prick the paste so that it does not blister. Put in your mixture, and set in the oven till the paste takes a nice colour. Sprinkle the top of each with a little chopped parsley, and put in the centre a prettily coloured cranberry. Serve on a dish-paper.

## GAME.

### 31. Stewed Hare.

Cut the hare into neat pieces, dust well over with currie powder and a little pea flour. Cut up an onion into thin rings, chop four beads of garlic; fry these in about four ounces of ghee, with twenty-four cloves, a delicate brown. Now add the hare; fry for a few minutes; cover with a good brown stock; add salt to taste, the seeds of twelve cardamoms, one blade of mace, one stick of cinnamon, a little thyme, marjoram, parsley, &c. &c., twenty-four peppercorns. Simmer this gently for two hours or more; take up the hare, strain the liquor, add a few button mushrooms and some turned olives; put the meat back, and warm all well up together. Garnish with sippets of fried bread and tufts of parsley.

### 32. Hare Cutlets.

Well pound the meat of a cold hare; add one cup of bread-crumbs that have been soaked in a little broth, a little chopped onion, two beads of garlic, the grated peel of a lemon, ditto nutmeg, two chopped chillies. Mix all well together; add the yolks of two raw eggs to bind; if not quite firm, a very little flour may be added. Form into nicely shaped cutlets, egg-and-breadcrumb them, and fry in ghee a nice colour. Fill a plain mould with mashed potatoes (as for border), bake it a few minutes, turn out on to a dish-paper. Arrange your cutlets round this nicely. Garnish with parsley, fried bread, and tomatoes.

### 33. Mould of Hare.

Well pound the flesh from a cold hare; add to it one cup of bread-crumbs that have been soaked in gravy, salt and Cayenne pepper to taste, one bottle of tomato conserve, and one cup of aspic liquid jelly. Mix all well up together, put it into a rather deep-fluted mould; let it set; place it for a second in hot water; wipe off the wet; turn it out, and garnish with all kinds of salads in season and sliced hard-boiled eggs.

### 34. Hare Balls.

Well pound the flesh of a cold hare; add to it half a teaspoon of mixed ground spice, ditto half a teaspoon of allspice, a little chopped onion, and two beads of garlic, also a little green ginger ground to a paste, salt and Nepaul pepper to taste; bind the mixture with a little flour. Make it into balls with the hand, the size of a large marble; fry in ghee a nice colour. Serve with pillau rice over them.

### 35. Teal Indian.

Pass half a pound of rumpsteak through a machine. Cut up an onion into thin rings, three beads of garlic chopped; fry these in two ounces of ghee, with twenty-four cloves, a nice brown; then add one tablespoon of currie powder; stir; then add your meat. Fry all well, moisten with one tablespoon of tomato conserve; mix well; salt to taste, and the seeds of twelve cardamoms. Stuff the birds with this mixture, and roast them before a clear fire, basting them with ghee in which a little currie powder has been mixed. Serve them on toast, and garnish with sliced lemons on the breasts of the birds. Larks, snipe, quail, pigeons, or most birds can be served thus.



### 36. Wild-Duck Stew.

Roast a nice duck, and pour over it the following:—  
Make a nice gravy with very highly flavoured clear brown stock thickened with butter rolled in flour; flavour with two tablespoons of mushroom ketchup, one of Lea and Perrin's Worcester Sauce, and one wineglass of claret, salt to taste, and the juice of half a lemon, also a little Nepaul pepper. Garnish with turned olives and Swedish mushrooms—they are of a pretty pink colour, and look well.

### 37. Pheasant Cassôlettes.

Well pound the flesh of a cold pheasant; mix with it a little thick cream; a little grated lemon-peel, grated nutmeg, Nepaul pepper, and salt. Well butter some oblong tin moulds, such as are used for ordinary little sponge cakes; line these with a thin layer of puff paste; prick the paste with a fork to keep it from blistering. Put them in the oven; let them get a nice colour; turn them out, and fill them with the pheasant mixture. Garnish each with a straight row of cranberries across, with a little sprig of parsley each side of the berries. Serve on a dish-paper.

### 38. Pheasant for Pillau.

Prepare the bird as for roasting, dust it over with allspice, Nepaul pepper, and salt. Roast it a nice colour, basting it all the while with ghee. Serve with pillau rice over, with the garnish as for pillau.

### 39. Little Currie Moulds.

Chop up the flesh of a cold pheasant very small, dust it well over with currie powder; add one onion chopped, two beads of garlic ditto, the seeds of twelve cardamoms, salt to taste. Fry this mixture, with twenty-four cloves, in three ounces of ghee; add one tablespoon of tomato-conserve; let it get almost dry; remove the cloves, and mix with it one cup of liquid aspic jelly. Pour the mixture into little bomb moulds, and let it set. Fill some plain round moulds, about one and a half inches deep, and a very little larger in diameter than the bomb, with curried rice, as per recipe given; let it get cold. Turn out the rice moulds on to a dish-paper, and on them put the bomb-moulds of pheasant. Garnish with a little tuft of parsley stuck in the top of each one, and with pretty salads all round.

## 40. Cream of Pheasant.

Well pound the flesh from a cold pheasant; add the grated rind of a small lemon, a little nutmeg, some chopped parsley; Nepaul pepper and salt to taste; stir well; then add one cup of good thick cream. Now line a nice deep fluted mould thus:—Mix one cup of thick cream with one cup of very strong aspic jelly; flavour with salt, &c.; colour, with a little carmine or cochineal, a pretty delicate pink, and use. When the mixture has set well round the mould, fill in the pheasant, also mixed with a cup of liquid aspic; let it all set well; dip the mould for a second in hot water, wipe off the moisture, and turn out. This ought to be turned out on a stand of rice. Garnish with a *hâtelet* stuck through two large round pieces of truffle, and stuck in the middle of the mould; then ornament the sides with leaves of chervil and little pieces of truffle cut into pretty shapes.

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## PART VII.—VEGETABLES.

## 1. Boiled Cabbage-Stalks.

Get some very thick cabbage-stalks, trim off all the outside till you come to the soft part. Now cut this into lengths of four inches, boil in salt and water till quite tender; take them up carefully, lay them on nicely buttered toast, put some butter over them, and dust with pepper and salt. This is so delicious that it is quite nice enough for an *entrée*.

## 2. Cabbage Curried.

Well clean a nice green cabbage, cut it into small pieces. Cut up an onion into rings, chop two heads of garlic and three bay-leaves; fry these in two ounces of butter, with twenty-four cloves, a nice colour. Now add one tablespoon of currie powder, the milk from a cocoa-nut, one cup of tomato conserve, one cup of water or

stock, salt to taste. Put your cabbage in this, and let it stew gently till quite tender. Before serving, add a squeeze of lemon-juice. Serve with a separate dish of rice.

### 3. Spinach with Eggs.

Well pick and clean some spinach, put it into a stew-pan without water and with only the moisture that clings to the leaves in washing. When quite soft, strain it. Squeeze out all the water by pressing it between two plates. Cut up an onion very small; fry this in two ounces of butter, but do not let them get brown. Put in your spinach; add salt and Nepaul pepper to taste. Cut out some nice rounds of bread, fry these in ghee a nice colour; put some spinach on each one, and on that again a nicely poached egg well trimmed. Serve straight down the dish in a line.

### 4. Spinach another Way.

Well pick and wash some spinach, and cook as before. Cut up an onion, three beads of garlic, and fry in two ounces of butter a pale yellow; now add your spinach,

put salt to taste, and three or four chopped green chillies. Picked shrimps are an improvement. Serve with a separate dish of rice or with chupatees, as it is in India. Fennel, turnip-tops, or radish-tops can be served in the same way.

### 5. Farced Egg-Plants.

Cut your egg-plants right down the middle, lengthwise; gently scoop out all the inside, taking care not to break the skin, but leave them like a mould. Now put what you have scooped out in a stew-pan, with about three ounces of butter; let it simmer in this till soft; mash it up, add a few fine bread-crumbs, two hard-boiled eggs chopped fine, a little pounded white meat, and pepper and salt to taste. Mix it well up together, fill in the egg-plant skins, smooth with a knife at the top, brush over with a well-beaten egg, strew some crumbs on the top, and put a few dabs of butter on each. Bake in the oven a few minutes until they take a nice brown colour. Serve on a dish-paper, and garnish with tufts of parsley.

### 6. Egg-Plants Plain.

Put the egg-plants into the oven to roast, but do not let them burn; when soft take them out and cut them

through lengthwise, take out the inside carefully, mash it with butter, pepper, and salt, fill in the skins again, and serve on a piece of fried bread. Garnish the tops with minced hard-boiled egg and tufts of parsley.

### 7. Tomatoes Farced.

Carefully scoop out the centre of the tomatoes, squeeze gently, so as to get out the water; now stuff each with farce, thus:—Mix up a small cup of bread-crumbs with a spoonful of nice strong gravy, well bruise the yolks of two hard-boiled eggs till smooth, mix these with the crumbs, add a little chopped parsley, salt, and Nepaul pepper to taste. Bind the mixture with the yolk of a raw egg, and use; bake in the oven till soft. Serve each tomato on a round of fried bread, and garnish with chopped parsley sprinkled over. Dish on a nice paper.

### 8. Fried Tomatoes.

Cut the tomatoes into slices with a sharp knife, fry them in ghee, dust over with pepper and salt, and serve with tufts of parsley as a garnish. This is very nice with bacon or ham.

### 9. Tomato Salad.

Cut the fruit into slices with a sharp knife, put in layers on a deep dish, with minced onion, a little garlic, and minced green or red chillies, and a dusting of salt. Pour over it equal parts of best vinegar and olive oil that has been well mixed together. Garnish the dish round with chopped endive, and pieces of beetroot cut into nice shapes, and slices of hard-boiled eggs.

### 10. Artichoke Bottoms.

Boil till tender, put them on nice pieces of buttered toast, put a little pat of butter on each one, and sprinkle with salt and pepper.

### 11. Peas, Indian way,

Put the green peas into a jar with about three ounces of butter, pepper, salt, and a pinch of sugar, and some nice young mint-leaves; cover it closely, and put it into a saucepan of water; let it boil till the peas are tender, and serve. These taste far nicer done thus than ordinarily boiled.



### 12. Green Pea Salad. .

Chop up one bead of garlic, one shallot, a sprig of tarragon and chervil, and a little parsley; mix with any cold peas you may have. Pour over them some olive oil and vinegar, in which a teaspoonful of Chili vinegar has been mixed.

### 13. Surprise Potatoes.

Parboil some potatoes, cut off a piece at one end, scoop out the inside, leaving a wall of about a quarter of an inch thick; stuff this with any nice farce, as recipes given. Stick on the piece you have cut off with the aid of a little white of egg and flour, pour over them some hot ghee, and put them in a brisk oven; let them brown nicely. Baste them occasionally with the ghee. Serve on a dish-paper piled up, with tufts of parsley between as a garnish. Currie farce is very nice in them.

### 14. Potato Salad (Indian).

Mash some potatoes with butter and salt; add the grated rind of a lemon, an onion, and three beads of garlic chopped fine; also three or four green or red

chillies. Mix well; squeeze in the juice of the lemon, pile it nicely on a dish, smooth with a knife. Garnish with chopped hard-boiled eggs and parsley.

### 15. Another Potato Salad.

Mash some potatoes, and, while hot, mix with them some salad oil little by little till thoroughly mixed—about one tablespoonful is enough; then add a tablespoon of capers with the vinegar, one teaspoon of Chili vinegar, one ditto of tarragon vinegar, one shallot finely minced, and one small onion ditto; salt to taste. Pile it up on a dish nicely, sprinkle over the top some finely-chopped hard-boiled egg, and garnish with capers stuck here and there, and little tufts of parsley. Surround it with nice bunches of watercress.

### 16. Another Potato Salad.

Cut some cold boiled potatoes in slices, lay them in a deep dish in layers, with a little chopped onion, garlic, green or red chillies, green ginger, and parsley. Pour over oil and vinegar.

### 17. Vegetable Marrow.

Peel and cut into quarters a nice vegetable marrow (young) ; put it into a jar, with two ounces of butter, and pepper and salt to taste ; cover close, and put the jar into a saucepan of hot water, and boil till the marrow is tender. Lay it on pieces of buttered toast.

### 18. Stuffed Vegetable Marrow.

Cut off one end of the marrow, peel it, and scoop out the inside with a vegetable-scoop ; fill it with a nice farce, currie, or otherwise, as per recipes given ; stick on the end cut off with a little egg and flour. Put the marrow into a stewpan of boiling water, with salt ; let it parboil. Now take it up, wipe off the moisture, roll it in flour, and then brush it over with egg, and roll in fine bread-crumbs. Fry it in boiling ghee a nice delicate brown. Garnish with parsley.

### 19. Cucumbers Stuffed.

These may be done in the same way as the marrow, or boiled only instead of fried, and served with a good highly flavoured brown sauce over them.

## 20. Cucumber Salad.

Peel and slice some cucumbers in the usual way, dust them well over with salt, let them stand an hour, strain off the liquor; add to them chopped onion and green chillies, and pour over them equal parts of best olive oil and vinegar.

## 21. Mixed-Vegetable Currie.

Have ready some cauliflowers cut in small branches, a carrot sliced thin, a turnip ditto, a few beans if in season, cut small; put these in water with a little salt. Cut up an onion into thin rings, chop three beads of garlic, and fry with twenty-four cloves in three ounces of butter; add one tablespoon of currie powder; stir, and fry a minute. Now put in one cup of water and one ditto tomato conserve, and the milk of a cocoanut; and then add the carrots first (as they take longer to do), two bay-leaves, the seeds of twelve cardamoms, and salt to taste. Let these all simmer gently for half an hour, then add the other vegetables, and let them simmer till the vegetables are tender. Serve with a separate dish of rice.

## 22. Boiled Sweet Potato.

Well wash the tubers, and put them on to boil in cold water. Boil till tender; pour off the water, and steam a minute or two. These can be eaten as they are, or mashed with butter.

## 23. Sweet Potatoes Fried.

- Parboil the potatoes, skin them, and cut them in slices lengthwise; fry them in ghee a nice brown colour, and serve on a paper piled up, and garnished with parsley. These are delicious.

## 24. Sweet Potatoes Roasted.

These must be washed and wiped dry, and roasted in the same way as ordinary potatoes.

## 25. Yams.

Yams ought to be cleaned, and roasted in hot embers till tender, then skinned, and mashed with butter, pepper, and salt.

## 26. Macedoine Salad.

Boil carrots, turnips, parsnips, peas, beans, beetroot, or, in fact, anything in season, separately. Cut the beans into one-inch pieces, stamp the carrots, turnips, parsnips, and beet with a pretty vegetable-cutter. Now mix them all up together, and put them in a dish in layers, with a little chopped onion and green or red chillies; pour over them equal quantities of best olive oil and vinegar. Garnish with watercress or chopped endive round the dish.

## 27. Cauliflower with Cheese.

Cut a nice compact cauliflower neatly, so that it will stand on a dish with all the flower part upwards. Now boil this in salt and water till three-parts done, but not quite soft. Take it up, put it into the dish in which it is to be served (it must be a deep one); pour over it the following sauce:—Mix up two tablespoons of flour with just enough milk to make it like cream; add to this a dusting of Nepaul pepper, and three ounces of grated Parmesan cheese, and a well-beaten egg. Pour it over the cauliflower, and bake it in the oven till set; then just brown the top with a salamander, and serve, garnished with parsley or watercress.

### 28. Farced Parsnips.

Well wash and peel some rather small parsnips, cut off a piece of the stalk-end, scoop out all the inner part, and stuff with the following:—Well pound in a mortar any white meat, such as chicken, rabbit, or veal; flavour with grated lemon-peel, grated nutmeg, salt, and Nepaul pepper; bind the mixture with a well-beaten egg; cover the end with a coarse paste, so that the farce does not come out; boil in salt and water till tender; take them up, lay each parsnip on a nicely trimmed piece of toast, and pour over them some melted-butter sauce. This is really a delicious dish, and makes a nice *entrée* or luncheon dish.

### 29. Leeks or Toast.

Wash the leeks well from grit, cut off the green part, and trim the root part nicely; tie them nicely together, and boil in salt and water till tender; take them up and drain them of all the water; untie them, and lay them on buttered toast. Put over them a little melted butter, pepper and salt, and serve on a dish-paper.

### 30. Celery with Cheese.

Well wash the inner part of a head of celery; cut it into pieces two inches long; boil it in a cup of milk

thus:—Put it in a jar, and put the jar into a saucepan of water; let it boil thus till it is tender. Take out the celery; lay it in the dish in which it is to be served. Mix with the liquor a well-beaten egg, a pinch of salt, and Nepaul pepper, and three ounces of grated Parmesan cheese, also the grated rind of a small lemon. Pour this over the celery, let it set, and brown the top with a salamander. Garnish with watercress, or mustard and cress.

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Other vegetables are used as in England—boiled or fried.



## PART VIII.—RICE, LENTILS, AND HARICOTS.

Few persons in England understand the boiling of rice. It is very simple, and only needs watching; and never use cheap rice. Anything under threepence per pound is sure to turn out a failure. In India the common rice is given only to the poultry. Nor is there any economy in using it either, as the best rice always goes twice as far.

1st. Always get good rice.

2nd. Put it into boiling water, with salt, and never be afraid of too much water. One pound will require four quarts. Rice being a starchy article, it needs plenty of water.

3rd. Watch it closely, and the moment it is soft drain once, and set by the fire to steam.

### 1. Pillau Rice.

Have some well-flavoured stock (white meat, or mutton), about three quarts. Put this in a saucepan, with one large onion, three heads of garlic whole, twenty-four cloves, a stick of cinnamon, two blades of mace, three bay-leaves, and the seeds of twelve cardamoms; salt to taste. Let this come to the boil, and add one pound of best Patna or Carolina rice. Watch carefully; stir to keep it from sticking. Occasionally feel a grain. The *moment* the rice is soft, drain through a wire sieve, and put by the fire to steam. Before using take out the mace, cinnamon, onion, and garlic. Serve it either over plain boiled fowl, rabbit, or mutton, or over those especially given for pillau. Garnish over the rice with almonds that have been blanched and cut in strips and fried in butter; onions cut into thin rings and fried brown and crisp; sultanas fried in butter; and sliced and quartered hard-boiled eggs. Never throw away the liquor, as it makes a delicious soup. This dish is tasty, economical, and very nourishing.

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### 2 Yellow Pillau.

Just as before, only add to the stock two pennyworth of saffron to colour the rice a bright yellow. \*

### 3. Brown Savoury.

Mix with the water a little browning, so that the rice takes a brown colour.

### 4. Plain Yellow Rice for Sweets.

Put two pennyworth of saffron in four quarts of water; let it come to the boil, and then add one pound of rice with a little salt. The moment it is soft, drain and set before the fire to steam. This is used for sweets in different ways.

### 5. Coral Rice.

The same as the last, only instead of saffron, colour the rice with cochineal any shade of colour desired.

### 6. Sweet Pillau.

Boil one pound of rice in good plain unflavoured white stock, just in the same way as the previous recipes. Immediately it is soft, drain and set it by the fire to steam. This is served with syrups of different kinds

poured over it; the usual flavourings in India being lemon-juice, rose-water, or musk. Garnish with fried almonds and sultanas, or with chopped pistachios. It is eaten either with cream or with fruit *purées*.

### 7. Kedgree.

Well wash half a pint of pink lentils. Put them in a saucepan with three quarts of water, one large onion, three beads of garlic whole, twenty-four cloves, three bay-leaves, two sticks of cinnamon, two blades of mace, the seeds of twelve cardamoms, and salt to taste. Let them boil for about five minutes or longer, till they change colour, but are *not* soft; then add half a pound of rice. stir, watch carefully. The *moment* the rice is soft, strain, and set before the fire to steam. Before serving, remove the onion, garlic, bay-leaves, cinnamon, and mace. Garnish the same as pillau. This is eaten with curries, or with poached eggs, or bloater, &c., &c. The liquor makes a good soup with the addition of a little of Armour's Beef Extract.

### 8. Another Kedgree.

Boil one pound of rice with all the seasonings as above. Before serving, remove them, and then chop fine

four hard-boiled eggs. Mix the rice and eggs together with a little butter, pepper, and salt. Warm them through. Garnish as for pillau.

### 9. Another Kedgree.

Boil one pound of rice as before, with all the flavourings. Before serving, remove them. Now have ready a nicely-boiled smoked haddock. Remove all the skin and bone; flake the fish small. Mix this with the rice, with a little mixed sweet herbs (as for veal stuffing), butter, pepper, and salt. Garnish with parsley.

### 10. Curried Rice.

Boil one pound of rice as for plain rice, over which pour some currie sauce, as recipe given, and two table-spoons of tomato conserve; set it before the fire to steam away a little of the moisture. Garnish with sliced and quartered hard-boiled eggs.

### 11. Tomato Rice.

Boil one pound of rice in about three quarts of water, with all the flavourings as for pillau. Remove the fla

vouring before serving. Cut up an onion very fine, and two beads of garlic; fry these in three ounces of ghee, but *not* brown; then add half a bottle of tomato conserve, put in the rice, and stir lightly. Garnish with pickled chillies and watercress.

### 12. Cheese Rice.

Boil half a pound of rice quite plain; strain, put it in a dish, and mix with it the following:—One cup of milk (large), two well-beaten eggs, three ounces of grated Parmesan cheese, salt, and Nepaul pepper to taste. Pour this mixture into a well-buttered plain mould, and put it in the oven till nicely set. Turn out on a dish-paper and garnish with parsley.

### 13. Plain Dhal.

Boil half a pint of well-washed pink lentils till quite soft and done to a mash in about a pint and a half of water; cut up an onion into thin rings, chop two beads of garlic, fry these in two ounces of ghee, with twenty-four cloves, a pale yellow, then add your lentils, three

bay-leaves, and, if liked, the seeds of eight cardamoms, and salt to taste. Before serving remove the bay-leaves. Serve with either kedgree or plain boiled rice, and slices of lemon.

#### 14. Dhal Currie.

The same as the previous recipe, with the addition of one tablespoon of currie powder and two tablespoons of tomato conserve. Serve with a separate dish of rice.

#### 15. Lentil Mould.

Boil the lentils as for plain dhal, mix with them one teacup of bread-crumbs, two eggs well beaten, a little chopped parsley and sage, two teaspoons of Chili vinegar. Well butter a plain mould, fill your mixture in, and put it in the oven to set; have a broader mould of mashed potatoes, and turn out your lentil mould on the top of that. Garnish according to fancy.

#### 16. German Lentil Currie.

Just the same as the dhal currie, with the addition of one tablespoon of pulped and strained tamarinds, which

gives a peculiar acid flavour, much liked by most people. Serve with a separate dish of rice.

### 17. German Lentil Salad.

Boil the lentils in plenty of water with a mite of soda ; directly the lentils are soft, strain ; let them cool, then put them into a deep dish with some chopped onion, garlic, parsley, green or red chillies, a little tarragon and chervil. Pour over them equal parts of best olive oil and vinegar.

### 18. Haricot Beans.

Boil some haricots till tender, strain, and pour over them parsley sauce (white), as recipe given ; or tomato. Both are nice.

### 19. Green Haricots.

Boil and, when drained and while hot, stir in two ounces of butter ; pepper and salt to taste, and serve.



**20. Green Haricot Salad:**

Boil the beans as before; let them cool; mix with them a little chopped onion, garlic, red or green chillies, a little parsley, tarragon, chervil. Pour over them a mayonnaise sauce, as recipe given.

Haricot beans, both yellow or green, make good currie, just as lentil or moulds.

PART IX.—SAVOURIES FOR HORS  
D'ŒUVRES, . ENTREMETS, OR  
BREAKFAST, LUNCH, OR SUP-  
PER DISHES.

1. Anchovy Toast.

Cut some slices of bread, toast nicely, trim to any shape required. Have ready a hot-water plate, on which put four ounces of butter; let it melt; add the yolks of four raw eggs, one tablespoon of anchovy sauce, Nepaul pepper to taste. Mix all well up together, and dip the toast in, both sides; let it well soak into the mixture. Serve very hot, piled on a dish, and garnished with parsley or watercress.

2. Woodcock Toast.

The same as the Anchovy. Make a very thick sauce with one gill of cream, the yolks of two raw eggs, and a

little Nepaul pepper; stir it well; put it into a pan, and put the pan into water. Let it get quite hot, stirring all the while; pour it over the anchovy toast. Garnish with chopped parsley, or according to fancy.

### 3. Anchovy Cream.

Fillet six anchovies, pound them in a mortar with a few turned olives, a little grated lemon-peel, ditto nutmeg, some Nepaul pepper. Cut some nice rounds of toast that has been fried a delicate brown in ghee, put the anchovy mixture thinly over it; cover the mixture with thick whipped cream, smooth with a knife, and garnish with chopped parsley and a little coral here and there.

### 4. Oyster Toast.

Fry as many oysters as you require in ghee, dust them well over with pepper and salt and grated lemon-peel and nutmeg. Fry some rounds of bread in ghee a delicate brown; put on each an oyster. Garnish with chopped parsley and mushrooms. Serve on a dish-paper.

### 5. Cod-Roe Toast.

Cut the salted cod-roes into thin slices, dust well with Nepaul pepper; lay them on nice pieces of fried bread. Garnish with chopped parsley.

### 6. Mushroom Toast.

Well peel some nice mushrooms, fry them in three ounces of butter, plenty of pepper and salt to taste; put some on nice little rounds of fried bread. Garnish with chopped parsley.

### 7. Indian Fois Gras Toast.

Get some poultry or rabbit livers, or a bit of calf's liver; boil till tender enough to mash well with a fork. Mix with it a little Cayenne pepper, salt, butter, grated lemon-peel, grated nutmeg, two heads of garlic well chopped and bruised, and a little onion ditto, a few drops of tarragon vinegar, and a few drops of strong clove ditto. Mix well, lay this on well-buttered toast, and garnish with chopped parsley and mushrooms; serve hot. It may be eaten cold as a sandwich, between brown bread and butter. It is nice either way, and makes a nice relish at any time.

### 8. Another Liver Toast.

Boil and mash either poultry or rabbit liver as before ; while hot, mix with it a nice lump of butter, and black pepper and salt to taste. Lay it on well-buttered toast, and serve very hot. Garnish as before.

### 9. Mince Toast.

Well mince *very small* any white meat you may have ; fry in butter or ghee, with pepper and salt to taste, a nice brown ; lay on well-buttered toast. Garnish with parsley ; mushrooms may be added if liked, but it is a very simple and nice dish as it is, and very nice for breakfast or lunch.

### 10. Kidney Toast.

Parboil some kidney, mince it fine, add 'o it one tablespoon of chopped mushrooms ; fry in a nice piece of butter, pepper and salt to taste. Lay this on well-buttered toast, and serve very hot. Garnish with parsley chopped, and bits of olive here and there.

### 11. Rumbled Eggs.

Put in a pan one cup of milk, with two ounces of butter, a little chopped onion and parsley, and a little chopped green chilli, if you have it. salt to taste. Well beat up two eggs, and stir it into the milk as it is on the point of boiling; keep stirring till the mixture gets thick. Serve on buttered toast, garnished with chopped parsley.

### 12. Indian Ramakin Toast.

Four ounces of Parmesan grated, two ounces of flour, a little butter, one saltspoon of mustard, a little salt and Nepaul pepper; mix well with a well-beaten egg or two, so that the mixture is like a paste; put it in the oven for a minute or two, and then lay it on nicely-cut pieces of toast; put it in the oven again for a minute, and brown the top over with a salamander. Serve piled on a dish-paper. Garnish with parsley or watercress.

### 13. Savoury Baskets.

Three ounces of flour, a little chopped onion, ditto green or red chillies, ditto parsley, a little dab of butter, mix this well, and then add one *small* tascup of milk and two eggs well beaten, yolks and whites separately, the whites to a stiff froth. Have ready some plain dariol

moulds well buttered, put your mixture into them, about three-parts full, as it rises considerably in cooking. Put them in the oven. When they take a nice colour, take them out, and turn out while hot; if they stick at all, pass a sharp small knife round the edges, taking care not in any way to spoil the cakes themselves. Let them cool; cut out a little from the centre of each, so as to make it like a basket; fill this in with any kind of farce you may like, either meat or mushrooms fried in butter, pepper and salt; stick some chopped parsley to the sides of the cake by brushing it with white of egg and sprinkling on the parsley. Have ready some pieces of fried bread that have been cut in rounds, cut out a little from the centre of each, forming a kind of saucer. Now put a cake into each; put some of the farce that you have in the cake round the saucer as well; put a parsley-stalk, like a handle of a basket, across the cake; sprinkle with a little parsley over the farce, and put a slice of red chilli in the centre; then over the farce in the saucer put a little mound of chopped parsley, and a little bit of sliced red chilli. This is a lovely dish, and very delicious, the flavour varying with the kinds of farce used; and the garnish, too, may be altered a hundred different ways.

#### 14. Little Currie Baskets.

Cut up an onion into thin rings, chop three heads of garlic, also two bay-leaves; fry these in two or three

ounces of ghee, with twenty-four cloves, a nice brown, then add one<sup>o</sup> tablespoon of currie powder, one bottle of tomato conserve; stir; add the seeds of twelve cardamoms, and enough rizine to make it a nice thick consistency; salt to taste; stir well. Fill the mixture into little dariole moulds that have been rinsed out with water; let it set well; turn out. Take out a little from the centre part; stick chopped parsley round the moulds by gently pressing it to the mould with your fingers; fill in the part taken out with chopped parsley, and lay in the centre three nice egg-shaped and prettily-coloured cranberries. Put a parsley stalk across for a handle. This is very pretty, and is delicious to taste.

### 15. Devilled Livers.

Fry poultry livers in butter; sprinkle well with salt and Nepaul pepper. Cut a nice round of fried bread, and place a liver on each. Garnish with chopped parsley and chopped chillies.

### 16. Devilled Kidney.

The same as the liver, only garnish with chopped parsley and truffles.



### 17. Plain Omelet.

Beat up four eggs, yolks and whites separately; mix with the yolks a little bit of butter, pepper and salt, and a few *fine* bread-crumbs and a tablespoon of milk; beat these well up together, and then add the whites beaten to a stiff froth, a little at a time. Put this on to fry in some boiling ghee (about three ounces); take care it does not burn; the fire must be clear. When set well, turn it over neatly like a roll. Serve it on a napkin, and sprinkle over the top some chopped parsley as a garnish.

### 18. Omelet with Herbs.

Beat up the yolks of four eggs with a little butter; add to them two dessert-spoons of coarse florador, two-tablespoons of milk, a little chopped onion, ditto green or red chillies, some chopped parsley and thyme, salt to taste. Beat this all *well* together, and, lastly, add the whites of the eggs well beaten into a stiff froth. Fry as in previous recipe, and serve on a napkin.

### 19. Cheese Omelet.

Beat up the yolks of three eggs with a little Nepaul pepper and salt; add one tablespoon of coarse florador,

and two tablespoons of milk, and two ounces of Parmesan cheese. Fry as before, and serve on a napkin. Garnish with watercress.

## 20. Mushroom Omelet.

The same as plain omelet, only when it is set put over it a layer of mushrooms that have been fried in butter, pepper, and salt. Turn it neatly over, and serve on a napkin. Garnish with chopped mushrooms and parsley.

## 21. Tomato Omelet.

Beat up the yolks of three eggs, with a little butter, Nepaul pepper, and salt; add to this one tablespoon of coarse florador, a wee piece of onion finely chopped, ditto parsley. Add one small teacup of tomato conserve, then add the whites of the eggs beaten to a stiff froth; fry as before. Serve on a napkin, and garnish with either small red tomatoes that have been baked with a little butter, pepper, and salt; or sliced raw tomatoes.

## 22. Devilled Almonds.

Blanch some sweet almonds; fry them in ghee a nice golden brown; dust them over with Nepaul pepper and salt. To be eaten with bread and butter.

## 23. Cheese Chesnuts.

Boil some chesnuts till tender; take off the shell and outer skin; dip them in a well-beaten egg, and roll them in grated Parmesan. Dust them over with Nepaul pepper and salt; put them in the oven for ten minutes; if not brown enough pass a salamander over them. Serve on a dish-paper, and garnish with parsley.

## 24. Maccaroni Cheese.

Boil half a pound of maccaroni in enough water to well cover it; when almost done take it out, put it in a dish in layers, with four ounces of Parmesan cheese. Fill up the dish thus:—Cover it with a custard made as follows: beat up two eggs well; mix with them one teaspoon of made mustard, and then add almost a pint of milk. Strew a few fine bread-crumbs and grated Parmesan

cheese over the top; add a little bit of butter. Put it in the oven and bake till set, and of a nice brown colour. Serve very hot as a savoury *entremet*.

### 25. Chesnut and Cheese Soufflé.

Roast some chesnuts, shell them, and take off the outer skin; now pound them up. Beat up three eggs, yolks and whites separately; mix the yolks with the chesnuts; a little bit of butter, two ounces of grated Parmesan, a little grated lemon-peel, ditto nutmeg, Nepaul pepper and salt to taste, and one teacup of milk; stir well to the consistency of cream; lastly, add the whites of the eggs beaten to a stiff froth. Put it in a buttered soufflé-dish; bake in the oven till set and of a nice colour. Serve direct from the oven, as the moment it cools it drops.

### 26. Savoury Rizine Soufflé.

Beat up the yolks of three eggs with a little butter, Nepaul pepper and salt; add one teaspoon of finely-chopped onion, ditto one bead of garlic, one teaspoon of chopped parsley, one ditto of thyme, a grating of nutmeg, and a little lemon-peel. Mix well; then add one breakfast-

cup of milk, and two tablespoons of rizine; lastly add the whites of the eggs beaten to a stiff froth. Put the mixture into a *soufflé* dish, bake a nice colour, and serve very hot, direct from the oven. Other flavours, such as mushrooms or tomatoes or oysters, may be used in this *soufflé*.

### 27. Game Soufflé.

Well pound a little of the white meat from a cooked pheasant; add a little butter, Nepaul pepper, salt, a little grated lemon-peel, ditto nutmeg, a pinch of chopped chilli, a little bit of chopped onion, a pinch of chopped thyme. Mix well with the yolks of three eggs; beat it all up together; add a small cup of milk, or, better still, cream, and then the whites of the eggs beaten to a stiff froth. Put your mixture in a *soufflé* dish, bake it a nice colour, and serve very hot. This *soufflé* can be baked in a well-buttered border mould, and turned out, the centre being filled in with mushrooms fried in butter, pepper, and salt, and the dish garnished with button mushrooms, small tomatoes, and parsley. It becomes a pretty dish done thus.

### 28. Devilled Shrimps.

Well pick enough shrimps to make one pint, roll them in flour in a cloth, like small fish; fry them in boiling

ghee, in a basket, till crisp and brown; drain them of all fat on a wire sieve; dust over with Nepaul pepper. These can be served on rounds of fried bread, and garnished with parsley, or eaten with thin brown bread and butter.

### 29. Toast Currie.

Cut up an onion into *very* thin rings, chop two beads of garlic, two bay-leaves, and fry in two ounces of butter, with twelve cloves, a nice brown; then add one tablespoon of currie powder; stir; then put in one cup (large) of tomato conserve, a teaspoon of tarragon vinegar, and the seeds of eight cardamoms. Let these simmer gently for about fifteen minutes, till the mixture is *thick*; then lay it, rather thickly, on to nice rounds of fried bread. Sprinkle each piece with chopped parsley, and pile one on the other, with tufts of parsley between. This can be eaten hot or cold.

### 30. Farced Eggs.

Boil some eggs hard, throw them into cold water; when cold, shell carefully, and cut in halves carefully with a sharp knife; take out the yolks, and cut a tiny piece off

the end of each half, so that it can stand up; scoop the white part where it is thick, so as to have it equal, but take care not to break it on any account. Now fill these halves up with any farce you may like, either oyster, mushroom, or game. Have ready as many rounds of fried bread as you have halves of eggs; first cut a piece out of the centre of each round, so that the eggs may set in nicely. Now rub the yolks through a sieve, and garnish the saucers thus:—A little mound of chopped parsley, and ditto of the yolk; sprinkle parsley over the egg farce, and put a little pinch of the yolk in the centre. Serve them on a dish-paper. If liked, you can put a parsley-stalk to form a cup-handle, so as to make them look like little cups and saucers.

### 31. Eggs and Tomatoes.

Well butter as many plain dariole moulds as you like, break into each a fresh egg, taking care not to break the yolk; put a little butter on the top of each; put them in the oven to set. Have as many nice round and red tomatoes as you have eggs; put them also in the oven with a bit of butter on the top of each, and a dusting of pepper and salt. Turn out the eggs; if they stick, pass a sharp small knife round them. Serve on a dish, an egg and a tomato alternately; sprinkle them over with chopped

parsley. If eaten hot, they are nice with slices of fried bacon in the centre of the dish; if cold, with chopped endive and beetroot cut into pretty shapes.

### 32. Egg Salad.

Boil some eggs hard, chop them very fine; add a teaspoon of chopped onions, one bead of garlic, one green or red chilli, one teaspoon of parsley, the grated peel of a small lemon, and the juice strained, salt to taste; mix well. Garnish with watercress; or it may be eaten as a sandwich, with brown bread and butter.

### 33. Ramakins.

Half a pound of cheese, half a pound of bread, four ounces of butter, three eggs, one gill of cream, and a little salt; pound all well together, and put into paper cases. Twelve or fifteen minutes will bake them.

### 34. A la Sefton.

Roll out, rather thin, from six to eight ounces of puff paste; handle it lightly; spread it out on a board, and



sprinkle over it some grated Parmesan cheese ; then fold the paste into three, spread it again, and sprinkle more cheese over it ; give what is called two turns and a half, sprinkling it each time with cheese. Cut about eighteen ramakins with a plain round cutter ; spread over again some grated Parmesan ; put them into the oven, and bake for fifteen minutes.

### 35. Welsh Gallimanfry.

Mix in a mortar any kind of cheese, with butter, mustard, wine, and any flavoured vinegar. This makes a delicious zest for sandwiches.

### 36. Olive Sandwiches.

Fry some bread in olive oil, light and crisp, but not hard. Spread on it some olives that have been stoned and pounded. Make into sandwiches ; serve piled up ; and garnish with parsley.

### 37. Plovers' Eggs.

Line some plain dariole moulds with highly-flavoured aspic jelly, a bright yellow colour, at the bottom of the

mould. Stick half a pretty-coloured cranberry, and arrange chervil leaves round it prettily. Also arrange chervil leaves neatly round the sides, to form a spiral shape if possible. Then cut some hard-boiled plover's eggs in quarters, and arrange them so that the whites go inwards, and the sharp edges outwards; set them at equal distances, and fill up the mould with more aspic. Let them set. Chop up some watercress; put it on a glass dish, and just dip your moulds for a second in warm water, and turn out, on to the watercress. Take care to have your moulds neatly and evenly dished; then put round the base of each a ring of chopped cooked beet-root. This is a very pretty dish.

### 38. Shrimps in Aspic.

Line some plain dariols as before. Have some nicely-picked shrimps, and a little lobster coral that has been passed through a sieve. Arrange a little of the coral at the bottom of the mould, and a few chervil leaves; and round the mould set the shrimps and coral, and some chervil leaves, in a nice neat pattern. Set them in their places with a little liquid aspic. When set, fill in with the rest of the shrimps and a little more aspic. Set till quite cold. Chop up some endive; put it on a dish; and

on it lay the little moulds of shrimps neatly. Garnish with eggs cut into thin slices, cucumbers ditto, and a little red chilli.

### 39. Savoury Sardines.

Take the sardines out of a box. Take off all the skin. Cut them down the back with a sharp knife; carefully remove the bone; put inside each a little hard-boiled yolk of egg that has been pounded with a little butter, one bead of garlic, a little grated lemon-peel and nutmeg. Put the two fillets together so that the fish does not look as if it had been touched. Chop up some watercress, with a very little tarragon; put a little on to a little glass plate; lay the sardine on top of it, lengthways. Put down each side of the fish, on the salad, a little lobster coral, so as to make it look pretty, and garnish the top of the fish with some sliced West-Indian pickles, alternately green and red. Have as many small plates as there are persons.

### 40. Little Fish Moulds.

Well pound the flesh of a smoked haddock that has been freed of skin and bone. Add the grated peel of

a small lemon, a little thyme, Nepaul pepper, and one bead of garlic. Pound all well. Now line some little fish moulds with aspic jelly, and when set, fill in the fish mixture; pour over it a little more aspic, and let it get quite set. Turn out on to a salad of any kind, neatly, and garnish the same as for sardines.

#### 41. Sausage Zest.

Cut some thin rounds off a Bologna sausage. Take off the skin. Now put between each, like a sandwich, a little very finely-chopped onion, a little chilli ditto, and a little grated lemon-peel; then on the top of this put a slice of hard-boiled egg, and on that a little mound of chopped watercress, and a small prettily-cut piece of beetroot in the centre. Set these in salad, neatly. This is a pretty and simple dish.

## PART X. — PUDDINGS AND SWEETS.

### 1. *Rose Blanc Mange.*

Boil one quart of milk; sweeten with loaf sugar to taste, and put in a bit of butter the size of a walnut. Now stir in a cup four ounces of fine florador, with enough milk to make it creamy: pour this into the milk as it is on the point of boiling; stir till it thickens. Now add two ounces of ground almonds, and enough cochineal to give it a pretty colour. Flavour with four pennyworth of rose-water. Pour this mixture into a border mould that has been rinsed in water. Let it get quite cold and set. Turn out on a glass dish; fill in the inside with well-whipped cream. Sprinkle over the whole pistachios that have been bleached and chopped fine.

## 2. Florador Cream.

Boil one pint of milk with a bit of butter. Sweeten to taste; flavour with vanilla. Mix to a cream two ounces of fine florador, with milk; pour this in as the milk is on the point of boiling; stir till it thickens. Let it cool a little; colour it a pretty tint with cochineal, and pour it into a glass dish in which it is to be served. Cover it over with cream that has been well whipped. Garnish with glacé cherries, angelica, and other pretty dried fruits.

## 3. Coral Rice and Banana Cream.

Press the coral rice (as per recipe given) while hot into a border mould, either plain or otherwise, having first rinsed the mould out with cold water. Let the rice remain in the mould till quite cold; turn out on a glass dish carefully. Make a thick syrup of sugar and water, put a few drops of vanilla into it, and pour this over the rice. Now fill in the centre with a cream made thus:—Take four good ripe bananas; mash them with a fork to a pulp; add to them one cup of well-whipped cream, flavour with vanilla, and use. Cover the top with a cone-shape of whites of eggs whipped to a stiff froth. Garnish with crystallized rose-leaves sprinkled over. This is a very pretty dish, and quite novel.

#### 4. Amber Rice and Peach Cream.

Press some yellow rice (as per recipe given) into a border mould while hot; let it get quite cold; turn out on a glass dish carefully. Pour over it a thick syrup of sugar and water, flavoured with lemon-juice or the syrup from a tin of peaches. Now mash well with a fork some of the peaches to a complete pulp; add to them a few drops of lemon-juice and some stiffly-whipped cream; fill this mixture into the centre of the rice. Now put over it, in a cone shape, either stiffly-whipped cream or white of egg. Sprinkle over the top as garnish some crystallized violets and chopped pistachio nuts.

#### 5. Rizine Cassolettes.

Well butter and line some oblong moulds, such as used for small sponge cakes; line them thinly with an ordinary puff paste; prick the paste with a fork, so that it does not blister. Bake them in the oven a nice colour; take them out of the moulds, and fill the cases with the following mixture:—Boil one pint of milk, sweetened to taste; flavour with grated lemon-peel and a bit of butter; then add three tablespoons of rizine, stir well, and let it get very thick. Cool it, and fill the cases; then decorate by putting straight down the centre a row of glacé cherries; cut little leaves out of angelica, and place these prettily on either side of the cherries.

### 6. Rizine Egg Cassolettes.

Well butter and line some round patty pans with puff paste; prick it, so that it does not blister; bake, and take them out of the moulds. Fill the cases as before with rizine mixture, only flavour with vanilla instead of lemon; put in the centre of each half a guava (from the Guavas), and then, by means of a farcing bag, put round the guava thickly-whipped cream. This has the appearance of a poached egg; it is a very pretty dish, and very delicious.

### 7. Mangoe Cream.

Line a plain mould with clear bright jelly, about half an inch thick; sprinkle over the bottom some silver leaf; let it set well, and fill up with the following mixture:—Get some preserved ripe mangoes that look very yellow; take off all the flesh; mash it to a pulp. Mix with them one cup of cream, a few drops of lemon-juice, and, if necessary, a little castor sugar. Mix with this one cup of liquid jelly that is cool; stir all well together, and fill up your mould with it. Put it on ice; when quite set, dip it in hot water a moment and turn out. Garnish with flowers and leaves, as directions given in decorations.



### 8. Banana Cream.

Pass some nice white ripe bananas through a wire sieve; mix them with some thick cream and a little liquid lemon-jelly; colour half with carmine a pretty pink; set it in a shallow tin dish, about a quarter of an inch thick. Colour the other half with apple green a pretty tint; set this also in a shallow tin, a quarter of an inch thick. Dip them in warm water a second, and turn them out on to a marble slab; cut out the jelly in fancy pieties, about the size of a two-shilling piece, or even smaller, or in cubes, as for patchwork. Now line a plain mould with clear bright jelly, very thin, and arrange your pink and green jelly in a nice pattern both at the bottom and the sides of your mould till it is all well covered; set the pieces with a little liquid jelly. Now have some more of the pulped banana and cream; flavour with a little vanilla to taste, a little castor sugar, and mix with it a little liquid jelly. Pour it into the mould and fill it up; set it on ice till quite cold; dip it in hot water a second, and turn out. Garnish with grapes and vine-leaves on the top, as directions given in Decoration.

### 9. Banana Fritters.

Cut the bananas lengthwise in half; dip them into a good thick frying batter, and fry in butter a delicate brown. Sift over castor sugar on top, and serve prettily dished.

### 10. Banana Custard.

Well mash to a pulp three bananas; add to them three well-beaten eggs, and a little castor sugar and vanilla to taste; then add one pint of milk: stir well, and either bake or steam; it is nice both ways. If baked, put a few tiny pieces of butter on the top; if steamed, butter the basin in which you put it. Serve with a rich custard, if steamed.

### 11. Cabul Pudding.

Quarter of a pound of best soogee (fine florador will answer the purpose as well), quarter of a pound of good flour. Mix these well with half a pound of butter, and one teaspoon of baking powder, the grated rind of a lemon, quarter of a pound of sugar. Now add three eggs, yolks and whites separately—whip the whites to a stiff froth—and enough milk to make the mixture the consistence of *thick* cream. Pour it into a well-buttered *plain* border mould, and put it in the oven. Let it get a nice golden colour, but be careful it does not burn; turn it out; dissolve a little apricot jam in some hot water, thick; brush it well over the cake, and sprinkle over it some desiccated cocoanut. Put it on a glass dish, and

pour round it some thin cream, so that the cake soaks it up from the bottom. Now fill in the centre space with the following mixture:—Make a nice clear syrup of one pound of best sugar, and half a pint of water, with the white of an egg well beaten; put it in the sugar before it gets warm, and stir it together. Watch it as it boils; remove the skim till it is clear; now strain. Add to the liquor half a pound of dried apricots that have been put to soak all night; add the strained juice of a lemon; let these boil till the fruit looks a clear colour. More water may be required if the syrup gets too thick. Now take out the fruit and mash it to a pulp. Add one cup of thickly-whipped cream, and use. Cover over the top, in a cone shape, either thickly-whipped cream plain, or whites of eggs beaten to a stiff froth. Garnish with tiny vine-leaves or rose-leaves, as directions for decoration given.

## • 12. Guava Tart.

The tinned fruit does very well for this. Cut the fruit in half, and put them in a pie-dish with some cloves, a little chopped lemon-peel, and the strained juice of one lemon. Put in the syrup from the tin. Cover over with either a puff paste or short crust, and bake in the oven a nice colour. Serve with a nice rich custard.

### 13. Boiled Guava Pudding.

Line a well-buttered plain mould with ordinary suet-paste, as for boiled apple-pudding. Fill in the fruit from a tin ; cut it in half, and add a few cloves, a grate of lemon-peel, and the strained juice of a lemon. Pour in the syrup from the tin. Cover over with paste. Tie a cloth over the top, and *steam* for about three hours. Turn out, and pour over it a rich custard.

### 14. Tart of Preserved Green Mangoes.

Exactly the same as Guava Tart ; the only difference being the fruit used. Serve with cream flavoured with lemon.

### 15. Cocoanut Cream.

Boil one quart of milk, sweetened to taste, with two ounces of butter. As it is on the point of boiling, add four ounces of semolina, and four ounces of desiccated cocoa-nut. Stir well, till it gets very thick. Pour into a deep-fluted mould that has been well rinsed with cold water. Let it set. Turn out on a glass dish. Pour over it thin cream that is a little sweetened, and flavoured with lemon. Garnish with either crystallized fruit, or flowers and leaves, as in directions for decoration.

### 16. Indian Vermicelli.

Boil half a pound of vermicelli in one pint of milk. Add a little castor sugar to taste, with one tablespoon of desiccated cocoanut. When boiled, and a little cool, pour it into a glass dish. Garnish with blanched and fried pistachio nuts and fried sultanas, using a little raw chopped pistachio nut to sprinkle over the top.

### 17. Almond Pastry.

Roll out very thin some ordinary puff paste. Lay on it some finely-chopped sweet almonds and a little castor sugar; then another layer of paste, and again the almonds and sugar. Have three or four layers thus, and then put it into the oven. Bake a pretty golden-brown colour. When it cools, dust over the top some castor sugar. Serve with it some rich custard or flavoured cream.

### 18. Bombay Pudding.

Toast some rather thick slices of bread a very pale colour, cut into nice shapes; well beat up an egg with a little milk; dip the slices of toast into this, both sides,

and fry in butter a bright brown. Dish them neatly, and pour over them a nice clear syrup, into which strain the juice of a lemon. This pudding is very simple, but very delicious and light. It may be eaten with stewed fruit of all kinds.

### 19. Chesnut Fritters.

Boil twenty chesnuts till quite soft, shell them, and take off the outer skin; pound them in a mortar; mix with them two ounces of fine florador, and a few drops of almond or vanilla essence, and one tablespoon of sugar. Well beat three eggs, yolks and whites separately; beat the whites to a stiff froth; mix all well together; add enough milk to make it *very* thick, like thick cream; fry, in boiling butter or best olive oil, by the spoonful, a bright golden colour; drain on a wire sieve in front of the fire. Serve them piled up, with castor sugar sprinkled over them.

### 20. Italian Custard.

Get a nice-sized sponge-cake that is prettily moulded, soak it well in sherry, or, better still, in some nice sweet liqueur. Pour over it a custard made thus:—Well beat

up six eggs, yolks and whites separately, sweeten to taste; add half a pint of cream, and a few drops of almond essence. Garnish with crystallized fruit.

### 21. Almond Cream.

Blanch and pound to a paste six ounces of sweet almonds; mix them with a pint and a half of cream that has been previously boiled, with the peel of a lemon cut very thin; add two eggs well beaten, and stir the whole over the fire till it is thick; sweeten it, and, when nearly cold, stir in one tablespoon of orange-flower or rose-water.

### 22. Sweet-Potato Soufflé.

First boil, and then bake them in hot embers until dry and floury; scoop out the inside, and mix with them half a pint of cream that has been previously boiled and flavoured with lemon-peel; to this add a little sugar, butter, and salt. Mix up the yolks only of four eggs, and add to the potatoes; next beat up the whites of six stiffly, and mix. Pour the whole into a *soufflé* dish; add to it a tablespoon of fresh butter, and bake in a moderate oven; let it get a nice colour; dust over with castor sugar.

### 23. Cake-Basket Pudding.

One pound of best flour; dry and sift it well; mix with it half a pound of butter, one teaspoon of baking powder, half a pound of sugar, a quarter of a pound of almond-paste, a little almond flavouring. Mix all these *well* together, then add the yolks of four eggs well beaten, and enough milk to make it of the consistence of cream; now well beat the whites to a stiff froth; mix these in as well. Have a nice plain oval cake-tin, butter it well, put in the cake mixture about three-parts full; put it in the oven, and bake a delicate golden brown; take care it does not burn. Turn out while hot; let it get cold; then scoop out a good deal of the inside, leaving a wall of cake about an inch and a half thick, to form a kind of case. Fill this up with well-whipped and flavoured cream; if liked, mix it with any fruit-pulp you may like, but always have the white cream at the top. Dissolve a little apricot jam in hot water; brush the cake over with this outside, and sprinkle with desiccated cocoanut; or, if you like it better, mask the outside with chocolate glacé, and then put on the cocoanut, or chopped pistachio nuts. Now cut a nice, long, and rather thick piece of angelica; put this across for a handle, and proceed to fill in, or rather stick over, the cream crystalized violets, primroses, rose-leaves, &c., done as in directions given for Decoration. This gives it the appearance of a basket of flowers; or you may put fruit instead; but this is a matter of taste.



### 24. West-Indian Fig Pudding.

Half a pound of fine bread-crumbs, half a pound of beef-suet chopped *very* fine, half a pound of sugar, one pound of figs chopped small, the grated rind of a lemon, a little nutmeg, some lemon-juice; mix all well together, and moisten with half a pint of rum; a little water may be added. Put in the oven, and bake. This is a very nice pudding, especially for gentlemen.

### 25. Steamed Golden Pudding.

One pound of flour, half a pound of suet, one tablespoon of baking powder, the grated rind of a lemon; mix all well up together, then add the well-beaten yolks of four eggs, and four tablespoons of golden syrup. Stir all well to a nice dough, add a little water, tie it in a pudding-cloth, and *steam* it for three hours. This is nice as it is, but it may be eaten with stewed fruit, and the fruit used as a garnish when the pudding is dished.

### 26. A Homely Treacle Tart.

Make an ordinary puff paste, line a well-buttered shallow baking-tin with it, trim it neatly. Now put in a cup of golden syrup, and then grate the rind of a lemon over it, and strew in a *small* cup of bread-crumbs.

Bake it a golden brown. Serve with a nice custard. The crumbs soak up the syrup, and make this tart really very tasty and nice. It is a great favourite with most people.

### 27. Monte Carlo Sweets.

Make a mixture as for "Cake Basket Pudding"; put it into a well-buttered shallow pan, about one inch thick; bake a nice colour; turn out while hot; let it cool. Cut the top quite even and flat, and then cut the cake through in halves, so as to form sandwiches. Now cut them all, to fit, a nice oblong shape, like a playing card. Make a nice thick whipped cream; flavour with strawberries that have been passed through a sieve; mix the cream and fruit up thoroughly, sweeten with a little castor sugar, and lay this between the cards like a sandwich; then put on a nice white icing over one side of the sandwiches. Let them dry, and ornament with red and black jujubes, or, otherwise, cut into shapes like hearts, diamonds, clubs, and spades, and then arrange the sandwiches round like a wheel, so as to represent playing-cards.\* This is both novel and pretty, and is a very delicious sweet.

### 28. Little Lily Moulds.

Boil one pint of milk, flavour with vanilla to taste, and sweeten with castor sugar. Mix to a smooth creamy con-

sistency two ounces of fine florador with a little cold milk ; add this to the rest as it is on the point of boiling. Now put in a good pinch of isinglass ; stir well ; let it thoroughly dissolve ; take the mixture off the fire ; have ready some pretty lily moulds, rinse them with cold water, and fill in your mixture ; set them on ice. When quite cold turn out ; turn the stem side down, and let the flower be uppermost. Now put in the centre a tiny little piece of hard-boiled yolk of egg that has been passed through a sieve, and then, by means of a farcing bag, make little stems of sugar coloured with apple green, to represent the centre of the lily. Terminate each of these little green stems with a *tiny* ball of yolk of egg. Serve with cream well flavoured. This is a pretty and delicious sweet.

## 29. Fruit Jelly.

Have some *very* clear and well-flavoured jelly, either a bright yellow or green ; either looks well. Have a very pretty mould ; put into it some jelly, and arrange either grapes or strawberries, with their *tiny* leaves and tendrils, prettily. Let these set ; then add some more jelly that is cool, and arrange some more fruit ; and then more jelly around the edges of the mould. Towards the end, arrange some small leaves and tendrils only, so as to form a

wreath; and then cover with jelly. Let this set on ice dip it for a second in hot water, and turn out. This jelly is very nice and decorative.

### 30. Flower Jelly.

In the same way as the Fruit, only use instead violets rose leaves, violet leaves, primroses, or, in a word, any kind of flower that is not poisonous and is harmless. The flowers may be used singly or in bunches as desired. There is great scope for taste and ingenuity in this jelly; it can be made to look really lovely, and is not generally known.

N.B.—I have not given recipes for ordinary puddings, &c., because it would simply be a repetition of other cookery books; my aim and object being only to give a few *novel* things that would be both useful and decorative.

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## PART XI.—ICES.

I will give very few of these, as most of the kinds in ordinary use are just what are used in India, with the exception of just a few that are different.

## 1. Banana Ice.

Pass six nice ripe bananas through a sieve; mix with one pint of cream or milk, sweeten with a little castor sugar, and freeze.

## 2. Rose Ice.

Boil one pint of milk with just a bit of butter; mix to a smooth cream one ounce of fine florador, two ounces of almond paste, and add it to the milk on the point of boiling; stir till it thickens; sugar to taste. Take it off the fire, colour with cochineal a delicate rose, and flavour with four pennyworth of rose-water; freeze.

### 3. Cocoanut Ice.

In the same way as the Rose, only put cocoanut instead of almonds, and castor sugar to taste. Do not colour this, or flavour with anything besides the cocoanut; freeze.

### 4. Mango-fool Ice.

Get some dry green mangoes; soak them all night in water, and boil till tender. Now pulp off all the flesh; strain it through a coarse cloth of muslin; add cold milk a little at a time, stirring all the time well, otherwise it will not be smooth. Now sweeten to taste and freeze. This may be taken just as it is in the summer, and is a very cooling drink.

### 5. Guava Ice.

Dissolve half a pound of guava jelly with very little water; mix into it gradually, stirring all the time, one pint of cream; freeze.

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### 6. Custard-apple Ice.

When the fruit is in season, this is very delicious. Scoop out all the inside, free it of all the little black

seeds, by the aid of a spoon and fork, mix the fruit pulp with cream, and freeze. This is very delicate and nice.

### 7. Musk Ice.

Boil one pint of milk, with enough sugar to taste; thicken with one ounce of fine florador that has been mixed smooth with cold milk. Flavour with musk to taste, and colour a delicate pink.

### 8. Violet Ice.

Get three or four bunches of very fragrant violets, cut off all the stalks close up to the flowers, pour over them boiling water enough to well cover them; cover the vessel over, so that the odour does not evaporate; let it get quite cool. Make some mixture of milk, sugar, and florador, as for previous recipe, only instead of mixing the florador with cold milk, mix it with the strained liquor from the violets. Stir till it thickens, and freeze.

### 9. Brazil Gooseberry Ice.

Take half a pound of the jam, mash it to a pulp, as the fruit is usually whole in the jam; then add one pint of cream, and freeze.

### 10. Pistachio-Nut Ice.

Well blanch and pound in a mortar a quarter of a pound of pistachio nuts, add a little flavouring of any kind that is liked, mix with one pint of cream or milk, colour with a little apple-green to make it the right tint, sweeten to taste, and freeze.

N.B.—All these ices may be used simply as creams and custards if not required as ices, and they are delicious served thus, or with stewed fruits of all kinds.

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## PART XII. — SYRUPS AND LIQUEURS.



### 1. Clarified Syrup.

To every pound of sugar add half a pint of water; dissolve the sugar, and set over a moderate fire. The white of an egg is sufficient for four pounds of sugar; put it to the sugar before it gets warmed, and stir it well; watch it; as it boils, take off the scum, and keep it boiling till no scum rises, and it is perfectly clear. Run it through a napkin, and put into close-stoppered bottles.

### 2. Capillaire.

Mix four ounces of orange-flower water to one pint of syrup, and it is ready.

### 3. Syrup of Lemons.

Put a pint of lemon-juice to one pound and three-quarters of sugar-candy. Dissolve it over a gentle fire;

skim it till the surface is quite clear; add one ounce of thin-cut lemon-peel. Let them simmer very gently for a few minutes, and run it through a flannel, and bottle.

#### 4. Almond Drink.

Pound eight ounces of almonds that have been blanched, with half an ounce of bitter almonds; add two tablespoons of orange-flower water to keep them from oiling. Mix with them half a pint of rose-water and half a pint of pure water. Rub it through a sieve till the almonds are quite dry; add a pint and a half of clear syrup. Boil it for a few minutes, and, when cold, bottle in closely corked bottles. One tablespoon is sufficient for one tumbler of water.

#### 5. Negus.

One bottle of wine, half a pint of capillaire, and a sliced lemon; add two quarts of boiling water, and grate nutmeg to taste.

#### 6. Milk Punch.

Put the rinds of thirty *limes* pared fine in one bottle of rum; let it stand for twenty-four hours; then take

three bottles of water, one bottle of lime-juice, four pounds of castor sugar, two nutmegs grated, and six bottles of rum. Mix all together, add two quarts of milk, boiling hot. Let it stand two hours, then strain it through a flannel bag.

### 7. Claret Cup.

One bottle of claret, one bottle of water, sugar to taste, twenty or thirty nice mint-leaves, and grated nutmeg. Cool it on ice.

### 8. Shrub Brandy.

Put two quarts of brandy into a large bottle, with the juice of five lemons and the peel of two; stop it up, and let it stand for three days; then add three pints of white wine, a pound and a half of loaf sugar, and half a nutmeg; strain it through a flannel bag, and bottle for use.

### 9. Noyéau, White.

Into one quart of spirits of wine put twenty drops of good essential oil of bitter almonds and six drops of oil of orange; shake it well, and add one quart of syrup; filter it through a paper till clear and bright.

**10. Noyeau, Pink.**

To one quart of spirits of wine add fifteen drops of essential oil of bitter almonds, three drops of oil of roses, four drops of oil of aniseed, and one drop of tincture of vanilla; shake it well, and add one quart of syrup; colour, with cochineal, a delicate pink; filter, and bottle.

**11. Anisette.**

To one quart of spirits of wine add twenty drops of essential oil of aniseed. Shake well. Mix with one quart of syrup; filter, and bottle.

**12. Creme de Girofle.**

Add forty drops of oil of cloves to one quart of spirits of wine. Shake. Mix with one quart of syrup, and colour a nice red. Filter, and bottle.

**13. Creme de Cannelle.**

Add to one quart of spirits of wine twenty drops of oil of cinnamon, two drops of oil of roses, three drops of oil of nutmeg. Shake the mixture, and add one quart of syrup, and a sufficient quantity of red colour. Filter, and bottle.

**14. Creme de Rose.**

Into one quart of spirits of wine put twelve drops of oil of roses, three drops of oil of nutmeg. Shake. Add one quart of syrup. Colour a pretty pink. Filter, and bottle.

**15. Cream of Vanilla.**

One quart of spirits of wine, twelve drops of tincture of vanilla. Shake, and add one quart of syrup. Let it stand ten minutes, then filter it twice or thrice if necessary.

**16. Curaçao.**

One quart of spirits of wine ; one hundred and twenty drops of oil of bitter orange. When it is dissolved, add one quart of syrup. Filter, and bottle.

**17. Golden Water.**

One quart of spirits of wine, twelve drops of oil of aniseed, six drops of oil of cinnamon, eight drops of oil of citron, three drops of oil of roses. As soon as the oils dissolve, mix with one quart of syrup, filter, and,

before you bottle it, stir into it a square of gold leaf, cut into very little bits. If silver leaf be added instead of gold, it is called Silver Water.

### **18. Creme de Citron.**

One quart of spirits of wine, sixty drops of oil of citron. Shake it. Add one quart of syrup; and a little saffron that has been mixed with white wine, and strained. Colour a nice yellow. Filter, and bottle.

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## PART XIII.—ORIENTAL COOKERY.

## 1. Ash Bogurrah.

Mutton, two pounds; flour, half a pound; ghee, half a pound; onions, quarter of a pound; green ginger, one ounce; cinnamon, cloves, and cardamoms, *each* half an ounce; capsicums, nineteen grains; coriander, half an ounce; saffron, nineteen grains; salt, half an ounce. Cut the meat into pieces. Grind or pound all the other ingredients, except the flour and saffron, into a paste with a little water, and add it to the meat. Fry the whole in ghee till brown, then add a proportionate quantity of water, and simmer the meat till tender. Next knead the flour into a paste with some kummier (as recipe given), roll it out flat, double into six or seven layers, and cut it into two inches long and half an inch broad. Boil these in water, and add to the meat. Shake the whole over the fire for a few minutes and remove. Serve, with the saffron sprinkled over it.

## 2. Ash Jow.

Barley, one pound ; meat, two pounds ; onions, quarter of a pound ; garlic and cloves, *each* nineteen grains. Boil the barley three successive times in a small quantity of water ; the fourth time, add a little more than on the former occasions, and continue boiling. Cut the meat in pieces, and mix with one tablespoon of currie powder, and dress it. When the meat is tender, strain the gravy, and add the meat to the boiled barley. Now put into a clean saucepan, with some ghee, the sliced onions, garlic, and a little spice ; let the onions brown ; the barley, meat and gravy added, and covered, and is to remain about five minutes on the fire ; shaking, and repeating the same process three successive times. This process is termed by Mussulman cooks *bughar*.

## 3. Ash Mahecha.

Two pounds of mutton ; half a pound of flour ; half a pound of ghee ; half a pound of onions ; three-quarters of a pound of sugar ; half a pound of lemons ; blanched almonds, quarter of a pound ; raisins, quarter of a pound ; pistachio nuts, quarter of a pound ; cinnamon, cloves, cardamoms, and saffron, *each* thirty-eight grains ; green ginger and coriander, *each* three-quarters of an ounce ; salt, one ounce. Grind the spices to a paste ; cut the



meat into small pieces, and fry together in ghee. When nearly dry, add water in proportion, and allow it to simmer. Next form the flour into a thin paste with water; cut it into small cakes; throw it into the meat. Mix the whole. When the cakes are quite cooked, bugar the whole three successive times. Allow it to cool, and mix in the lemon-juice and sugar made into a syrup. Now bruise the almonds and pistachios; add them with raisins. Stir, and serve.

#### 4. Ash Agra Shree.

Take any quantity of dough. Spread it out with a roller. Sprinkle some dry flour on the surface; roll it up and cut it into very thin slices; open them out: expose it a short time to the air; boil it in water; remove it; press it gently with a cloth, and then throw it into warm sugar-candy syrup and milk, and serve.

#### 5. Ash der Bahesht.

Flour, two pounds; ghee, half a pound; milk, equal to two pounds; sugar, two pounds. Boil the milk, make the sugar into a syrup, mix both together, and set it aside. Knead the flour into paste, spread it with a roller,

and cut it into pieces the shape and size of almonds; expose it to the air a little time, then fry them in ghee. Mix them with the milk and syrup, boil for a few minutes, and serve.

### 6. Myhe Jogurath.

Sweet curds, two pounds; milk, equal to two pounds; rice, a quarter of a pound. Strain the curds through a cloth; dry on the fire a little of the rice, pound it, and mix it with the curds; put the saucepan on a slow fire. Next wash the rest of the rice, and add that also; when nearly boiled add the milk, and continue boiling till quite done. It may be eaten with salt or sugar, according to taste.

### 7. Zarebrian Roomee.

Meat, two pounds; rice, two pounds; ghee, one pound; curds, one pound; onions, half a pound; cinnamon, thirty-six grains; cloves, turmeric, and cummin seeds, each nineteen grains; coriander seeds, half an ounce; salt, one ounce. Cut the meat into large slices, and flavour it with bruised green ginger, coriander, and salt, and soak it for an hour; grind some of the turmeric, coriander, and cardamoms with the curds; rub it in the meat, and let it stand a few minutes; then put it in a

saucepan, and add the rest of the spices with half the ghee. Soak the rice in water half an hour; mash it, and put it over the meat; pour upon it one pint of water, with the rest of the ghee, and cover the pan close. Place some charcoal fire on the lid of the pan, and let it simmer gently until the water is reduced. Serve hot.

### 8. Zarebrian Junthur.

Meat, four pounds; rice, two pounds; curds, four pounds; ghee, one pound; onions, one pound; black pepper, thirty-six grains; cinnamon, one drachm; green ginger, one ounce; cloves and cardamoms, *each* thirty-six grains; cummin seed, nineteen grains; coriander seeds, one ounce; turmeric, nineteen grains; salt, one ounce and a half. Cut the meat in large slices, and soak it in bruised green ginger and salt for an hour; grind the cardamoms and turmeric with half the curds and coriander seeds; add these together and rub over the meat, and let it stand for a short time; put it into a pan with the cummin seeds and spices and a little ghee. Soak the rice in water for a few minutes; mash it; then mix a little salt with some water, and add the rice to it; stir it well, and mash again. Now mix it with the rest of the curds; put it over the meat, and cover it close. Simmer it gently till the curds are dried up; then pour over it a little ghee, and let it stand near the fire for an hour, and serve.

### 9. Zarebrian Khoorasanee.

Meat, four pounds; rice, two pounds; curds, one pound; ghee, one pound; onions, half a pound; cloves, cardamoms, turmeric, and black pepper, *each* forty grains; cinnamon, one drachm; coriander and green ginger, *each* one ounce; cummin seed nineteen grains; salt, one ounce and a quarter. Divide the meat as before; soak it for an hour in the juice of green ginger, some fried onions, and salt; grind some cardamoms, turmeric, and cloves, and add to it, with a little coriander seed, water and curds. Mix the whole together and rub into the meat; put it in a pan, and season with the rest of the spice, &c., and pour over it the remaining ghee. Wash the rice and boil it till half done; put half the rice over the meat, with a little water, and the remaining half of the rice with some ghee. Place a biscuit in the middle of the rice, and a little rice coloured with saffron. Cover close, and boil till the water is dried up on a slow fire; then remove it, and let it remain at the side for half an hour longer, and serve.

### 10. Zarebrian Khas-ah.

Meat, four pounds; rice, two pounds; curds, one pound; ghee, one pound; onions, one pound; blanched almonds, half a pound; green ginger, one ounce; cinna-

mon and cardamoms, *each* forty grains; black pepper and cloves, *each* twenty grains; coriander seeds, one ounce; turmeric, twenty grains; salt, one ounce and a quarter. Take two pounds of the meat and cut it in large slices, and score it with a knife; bruise the green ginger, and pound half of the spices, and add the curds, salt, and some fried onions; rub the meat over with this, and keep it for an hour; then put it in a saucepan, and add the remaining spice and some ghee; keep it on one side. Cut the remaining meat as before, and put it in a pan with a proper quantity of water, some sliced onions, green ginger, and salt, some coriander seeds, and a little ghee; boil these well till the meat separates from the bones, and strain the gravy through a coarse cloth. Mix into it a little curds and the almonds, well pounded; then bugar it three times with ghee and cloves, and boil till it is reduced one half. Parboil the rice in plain water, and boil in the gravy till nearly dried up; then put it over the meat with some rice coloured with saffron, and pour over the whole a little ghee. Let it simmer on a slow fire for an hour, and serve.

### 11. Kubab Thulavee.

Meat, two pounds; ghee, half a pound; curds, half a pound; flour, quarter of a pound; onions, quarter of a pound; eggs, two; cloves, cardamoms, and cinnamon,

wenty grains *each*; green ginger and coriander, half an ounce *each*; salt and black pepper to taste. Cut the meat into thick slices, and season with green-ginger juice and curds. Give this a bugar in ghee and fried onions; shake it well together. After the curds dry up, add the coriander seeds, roasted and ground, with a little water, and boil till cooked. Take the slices of mutton from the pan, and strain the gravy. Mix the flour with the white of the eggs, and spices pounded with a little salt; rub this over the meat, and fry it in ghee. If you wish to make this as chasneedar, add one cup of lemon-juice with half a pound of sugar made into a syrup, and when you have fried the kubab thulavee in the ghee, put in the syrup, and boil till the gravy has evaporated.

## 12. Thickah Kubab.

Egg, one; beef, two pounds; ghee, quarter of a pound; onions, half a pound; curds, half a pound; black pepper, cloves, and cardamoms, *each* twenty grains; cinnamon, forty grains; green ginger and coriander seed, *each* half an ounce; salt, three-quarters of an ounce. Cut the meat into thick slices, chop them well with the back of a knife, and rub them over with some salt, juice of green ginger, and onions; grind the spices, and add them, with a little ghee and curds; mix them well together, and rub

over the meat. String the meat on a wire, and roast over a charcoal fire. Mix some ghee and curds, and baste while roasting.

### 13. Kubab Byheza.

Some eggs; meat, two pounds; ghee, half a pound; onions, quarter of a pound; curds, half a pound; blanched almonds, quarter of a pound; black pepper, cloves, and cardamoms, *each* twenty grains; green ginger and coriander, *each* half an ounce; salt to taste. Make a hole in the eggs, take out the inside, and keep in a basin; slice the green ginger and onions, grind the spices, beat the eggs well, and mix all together; fill the shells with the mixture, and close the holes up with some paste; then boil them in water; when done, take them up and remove the shells, prick them all over with a fork, and string them on skewers. Cut the meat in slices, and boil in water; strain the gravy in a saucepan; add some ground almonds, flour, and curds; mix them together, and give it a bugar in ghee with some cloves. Roast the eggs over a charcoal fire, and baste them with the gravy till they are done.

### 14. Kubab Fowl or Meat.

Fowl; coriander seeds, two ounces; green ginger, quarter of a pound; cardamoms, forty grains; cloves,

forty grains; black pepper, twenty grains; cream, quarter of a pound; curds, quarter of a pound; onions, half a pound; ghee, two ounces; turmeric, one drachm; salt to taste. Clean the fowl, and prick it well over with a fork; roast the coriander seed, and grind it with the other spices and ginger and salt; rub this into the fowl. Fry the onions sliced, with the turmeric pounded, in ghee; then add the cream and the curds. Put the fowl to roast, and baste it with the cream mixture, to which may be added a few sliced almonds and sultanas. A shoulder of mutton may be done the same way.

### 15. Shanah Kubab.

A shoulder of mutton; ghee, half a pound; curds, half a pound; onions, quarter of a pound; cloves, twenty grains; black pepper, twenty grains; cinnamon, forty grains; cardamoms, twenty grains; coriander seed, half an ounce; green ginger, one ounce; salt, half an ounce. Take a shoulder of mutton, about three pounds in weight; prick it with a fork, and rub it over with ground green ginger and salt. Fry the onions in ghee, and give a bughar to the meat; roast and grind the coriander seed, and add them with some water. Shake it well over the fire, and, when the meat is half-done, add the rest of the spices, and keep it on the fire a little longer; then remove the meat, put it before the



fire, and finish by roasting, basting it all the time with curds and some of the gravy it was boiled in. When done, pour over it a little ghee, and serve.

### 16. Kubab Khutae.

Mutton, two pounds; cream, half a pound; blanched almonds, half a pound; ghee, one pound; butter-milk, one pound; green ginger, quarter of a pound; onions, quarter of a pound; curds, quarter of a pound; cloves, twenty grains; cardamoms, twenty grains; turmeric, twenty grains; pepper, twenty grains; coriander seed, two ounces; the juice of four lemons; salt to taste. Clear the meat of bones and veins; mince it very finely; mix it with the ginger and onions, bruised, and the other ingredients, together with the turmeric, made into a powder; then take the curds, put them in a cloth, and squeeze out the water; after which, mix in the cream and the almonds, and put the whole into the minced meat, with four ounces of ghee. Mix these well together, and form it into small balls, and keep them frying until they become brown; take the pan down, and add the lemon-juice, and serve.

### 17. Kubab Pursund.

Mutton, two pounds; green ginger, quarter of a pound; curds, quarter of a pound; cheese, quarter of a pound;

onions, quarter of a pound ; coriander seed, two ounces ; salt to taste ; pepper, half an ounce ; ghee, half a pound ; cream, half a pound ; almonds, half a pound ; lemon-juice, four ounces ; cloves, forty grains ; cardamoms, forty grains. Place the curds in a cloth, and let the water ooze out. Cut the meat into small pieces, and rub it over with the juice of green ginger, onions, and salt. Roast the coriander, and grind together with the turmeric and lime-juice ; rub this also over the meat ; then mix the cream and the almonds blanched and pounded with the curds and the ghee ; rub this also over the meat ; lastly, cover them with the cheese, and tie together with a string ; place these before the fire and roast until they get quite brown, and serve.

#### • 18. Plain Kubab.

Mutton, two pounds ; green ginger, two ounces ; onions, two ounces ; ghee, quarter of a pound ; curds, half a pound ; coriander seeds, two ounces ; pepper, one drachm ; salt, half an ounce. Apply these ingredients to the meat, cut into pieces, in the same way as the last recipe, and fry them over a slow fire, with ghee.

#### 19. Moorug Kubab.

Meat, half a pound ; one fowl ; ghee, half a pound ; onions, half a pound ; curds, half a pound ; cloves, twenty

grains; pepper, twenty grains; cardamoms, twenty grains; green ginger, half an ounce; coriander, half an ounce; cinnamon, forty grains; salt, half an ounce. Mince the meat fine; fry some onions in ghee, and mix with the meat; give a bugar to it in ghee; put in a little water, salt, and coriander seed ground; mix, and simmer till the water is dried up. Clean the fowl and wash it; rub it all over with a little ginger and onion juice. Grind all the spices, add some to the meat, and stuff the fowl with it, and close it up. Roast the fowl, rub well over with the rest of the ground spices mixed with the curds, ghee, and a little water. Continue to baste the fowl till well roasted; pour over a little ghee, and serve.

## 20. Keemah Kubab.

Mutton, two pounds; ghee, half a pound; onions, half a pound; cloves, twenty grains; cardamoms, twenty grains; pepper, twenty grains; green ginger, half an ounce; coriander, half an ounce; salt to taste. Mince the meat; cut the green ginger and onions in small pieces; grind the spices with a little ghee. Mix all together, and form into moderate-sized balls; stick them on wire, and fasten with thread; roast them before a clear fire, and take them off the wire; put them in a frying-pan, with some ghee and a little water; let them fry till the water is dried up, and they are ready.

### 21. Korekah Kubab.

A fowl or fish; ghee, two pounds; onions, half a pound; mutton, one pound; cloves, twenty grains; cardamoms, twenty grains; turmeric, twenty grains; black pepper, twenty grains; coriander seed, half an ounce; green ginger, half an ounce; salt, three-quarters of an ounce; cinnamon, one drachm. Take a fowl or fish; clean it; grind some green ginger, onion, and salt, and rub well over it; put it on one side. Mince the mutton and give it a bugar in some ghee with onions; add some coriander seeds, with water and salt; shake them well together, and fry them in the ghee; then mix with it some currie powder, and stuff the force-meat into the fowl or fish; sew it up with thread, and rub over it some turmeric, currie powder, and a little cinnamon; put it in an earthen dish, and pour over it some ghee, and close the top with a plate; join it together with some common flour and water paste, and then bake it in the oven for about an hour, and serve.

### 22. Kubab Hoosainee.

Meat, two pounds; ghee, one pound; curds, one pound; onions, one pound; cinnamon, one drachm; cardamoms, twenty grains; cloves, twenty grains; black pepper, twenty grains; green ginger, half an ounce; cori-

ander seed, half an ounce; salt, three-quarters of an ounce. Cut the meat a little larger than almonds, rub over with some salt, juice of green ginger, and curds. Cut some onions into slices, and fry them in a little ghee, and put them aside; give a bugar to the meat in the same ghee. When the meat is getting dry, add a little coriander and water, and let it simmer gently for one hour. After the meat is boiled, string it on skewers—a slice of meat and a slice of onion alternately. Sprinkle over them some ground spices, and fry them in a pan with ghee, adding a little water for the purpose of softening the meat. When done, remove, and serve.

### 23. Koormah. .

Mutton, two pounds; coriander seed, half an ounce; garlic, one drachm; red chillies, one drachm; salt, one drachm; green ginger, one drachm; coriander leaves, half an ounce; onion, one. These ingredients must be ground to a paste, with which mix three ounces of butter, half a pound of curds; salt, twenty grains; cloves, twenty grains; cardamoms, forty grains; cinnamon, twenty grains; onions cut in thin slices, an ounce and a half. When the whole is mixed, put it in a pot, and place it over a gentle fire, stirring it occasionally with a spoon, until the curds, gravy, and butter are absorbed, leaving the meat brown.

### • 24. Another Koormah.

Mutton, two pounds; ghee, half a pound; curds, half a pound; onions, half a pound; salt, three-quarters of an ounce; cloves, twenty grains; cardamoms, twenty grains; pepper, one drachm; garlic, one drachm; pounded almonds, half a pound; cream, half a pound; turmeric, one drachm; green ginger, half an ounce; and the juice of five limes. Slice and wash the meat; pound the green ginger fine, with a little ghee and salt, and rub over the meat. Then warm the ghee, and put in the onions sliced; when they become brown, put in the mutton and fry it well, adding the garlic, cloves, cardamoms, and pepper ground up. When the meat becomes tender, put in the cream and almonds, and lastly the lemon-juice and turmeric. After a little, leave the pot at the side to simmer gently for about twenty minutes, and serve.

### 25. Fish Currie.

Fish, two pounds; ghee, quarter of a pound; butter-milk, quarter of a pound; onions, half a pound; dried chillies, half an ounce; ~~green~~ chillies, half an ounce; garlic, half an ounce; salt, three-quarters of an ounce; fenugreek seed, half an ounce; cummin seed, half an ounce; tamarinds, one ounce; turmeric, half an ounce

coriander seed, half an ounce ; a few leaves of coriander. The dried chillies, ginger, garlic, fenugreek, coriander, cummin seed, and turmeric to be well pounded with half the onions. Brown the rest of the onions, sliced, in ghee ; pulp the tamarinds in water, and strain ; mix with the butter-milk, browned onions, and ghee, the coriander leaves and green chillies. Add all this to the fish, and let it simmer gently till done.

## 26. Doepeaze Ruthaloo.

Sweet potatoes, two pounds ; ghee, half a pound ; curds, half a pound ; green ginger, half an ounce ; lovage seed, half an ounce ; salt, three-quarters of an ounce ; cinnamon, forty grains ; cloves, twenty grains ; cardamoms, twenty grains ; black pepper, twenty grains ; turmeric, half a drachm. Take the sweet potatoes, clean and cut them into round slices ; take some salt, the juice of green ginger, and lovage seed ; mix them with the curds, and rub over the sweet potatoes ; then put them in the sun for two hours ; take a drachm of turmeric, pound it, mix it with the sweet potatoes, and give them a bugar in ghee with some cloves ; then add some water, and boil it over a gentle fire. When done, add the rest of the ingredients ground, stir lightly, and let it stand on the fire for ten minutes, and serve.

**27. Kulleah Mahi.**

Fish, two pounds; ghee, half a pound; rice, half a pound; onions, quarter of a pound; green ginger, half an ounce; salt, three-quarters of an ounce; garlic, three-quarters of an ounce; cinnamon, forty grains; cloves, twenty grains; cardamoms, twenty grains; turmeric, half an ounce. Clean the fish, cut it in pieces, prick it all over with a fork; grind the spices into a paste, rub it into the fish, and fry in ghee, with the onions and garlic chopped fine, stirring all the time; then grind the rice in water, and pour it on the fish; cover the pot close, and let it boil. When sufficiently cooked, pour in syrup and lemon-juice; stir, and serve.

**28. Bizah Sadah.**

Eggs, ten; ghee, quarter of a pound; salt, half an ounce; turmeric, forty grains; saffron, nine grains; cinnamon, forty grains; cloves, forty grains; cardamoms, forty grains; black pepper, twenty grains; one lime. Boil the eggs hard, take off the shell, separate the yolks from the white; cut the white in slices, and put, with the yolks, into a saucepan, with half the spices, salt, black pepper, turmeric, and ghee; mix all well together. Fry some of the onions, sliced, in ghee, a nice brown; add to the eggs and spices, and fry together; then mix the rest



of the onions, spices, and saffron with a small quantity of water, and boil for a few minutes; squeeze over it the juice of a lemon, and serve.

### 29. Kulleah Bizah.

Meat, two pounds; eggs, ten; ghee, half a pound; onions, quarter of a pound; saffron, twenty grains; blanched almonds, one ounce; rice, one ounce; flour, one ounce; roasted coriander seed, one ounce; green ginger, half an ounce; cinnamon, forty grains; cloves, forty grains; cardamoms, forty grains; black pepper, forty grains; turmeric, half an ounce. Mince the meat small, give it a bughar in ghee, with some sliced onions; slice the rest of the onions, grind and mix the black pepper and other spices with some salt, and add this to the meat; put over it some water, and boil till tender. Boil the eggs hard, shell them, and prick them all over with a fork, and put with the meat. When the gravy is nearly dry, grind the almonds with some rice-water, mix in the flour with a little saffron, add some water. Boil a short time, and serve.

### 30. Doepeaze Dilace Khanee.

Meat, two pounds; ghee, half a pound; cream, half pound; large onions, one and a half; salt, three-

quarters of an ounce; turmeric, half an ounce; saffron, nine grains; blanched almonds, half a pound; curds, half a pound; cinnamon, forty grains; cardamoms, forty grains; cloves, forty grains; pepper, forty grains. Cut a quarter of the onions into thin rings, fry them in ghee a nice brown, put it on one side; take the rest, and prick them with a fork, season with salt. Cut the meat in thin slices; then grind half the spices and turmeric, and mix with curds and a little salt; rub the meat with this, and fry in ghee till it is quite brown; then pour over it half a pint of water. Put the onions with the meat, and boil together till it is done. When the gravy is nearly absorbed, grind the almonds, and mix them with the cream, and pour over the meat, and boil over a slow fire till the gravy is nearly reduced; mix some bruised saffron and fried onions with the meat; let it remain a few minutes, and serve.

### 31. Doepeaze Gheelanee.

Meat, two pounds; ghee, quarter of a pound; cream, half a pound; milk, equal to two pounds; blanched almonds, half a pound; onions, quarter of a pound; garlic, half an ounce; coriander seed, half an ounce; salt, three-quarters of an ounce; green ginger, half an ounce; cinnamon, forty grains; cloves, twenty grains; cardamoms, twenty grains; black pepper, twenty grains; tur-

meric, forty grains. Cut the meat in slices, and wash; put it in a pan with a little water; simmer gently for twenty minutes; then let it cool. Put in another saucepan a little water, some sliced onion, garlic, salt, and pounded coriander seed, with a little ghee; mix these with the meat, and boil till done; then give it a bugar in ghee and cloves. Grind the almonds with a little milk, mix with the milk and cream, and put in a pot; give this a bugar with ghee and cloves; boil it up three or four times, and keep stirring it; then add the rest of the spices ground, the meat, and gravy. Boil all together till the liquor is reduced to less than half; serve.

### 32. Doepeaze Hadus'

Meat, two pounds; ghee, half a pound; curds, quarter of a pound; pink lentils, one pound and a half; garlic, half an ounce; salt, one ounce; onions, half a pound; green ginger, three quarters of an ounce; cinnamon, forty grains; cloves, twenty grains; cardamoms, twenty grains; black pepper, twenty grains; turmeric, half an ounce. Cut the meat in large slices; wash it; pound together some ginger, onions, garlic, and coriander seed; squeeze the juice of it into a basin, and add to it the curds, with some salt. Mix these together, and rub it into the meat; give it a bugar with half the ghee and

some sliced onions, and boil till the curds are dried up ; then fry it well. When done, put in the lentils and enough water ; boil till tender ; then give it a bugar in the rest of the ghee with the garlic sliced ; then add the rest of the spices ground, and also the turmeric. Let it simmer for a quarter of an hour, and serve.

### 33. Kulleah Jogoorauth.

Meat, two pounds ; ghce, half a pound ; curds, two pounds ; cream, half a pound ; blanched almonds, quarter of a pound ; onions, quarter of a pound ; green ginger, half an ounce ; coriander seeds, half an ounce ; salt, three-quarters of an ounce ; cinnamon, one drachm ; cardamoms, twenty grains ; cloves, twenty grains ; black pepper, twenty grains. Cut the meat into slices, as for stew ; give it a bugar in plain ghee. Heat a saucepan, put in a little ghee ; when melted, add the meat and fry it ; then add a little water, some sliced onions, and salt Pound some green ginger and coriander seed, rub its juice over the meat, and boil till the gravy is dried up ; then fry it. When the meat is sufficiently done, grind the almonds and add to the curds and cream ; stir, and pour it over the meat ; add the rest of the spices ground, b oil till the gravy is reduced to a sauce, and serve.

**34. Kulleah Koondun.**

Mutton, two pounds; ghee, half a pound; onions, half a pound; eggs, five; green ginger, three-quarters of an ounce; salt three-quarters of an ounce; coriander seed, half an ounce; blanched almonds, one ounce; cinnamon, forty grains; cloves, twenty grains. Mince a quarter of the meat; mix in some of the spices ground; fry it in a little ghee with onions, and grind the whole into a paste. Boil the eggs hard, shell them, and prick them with a fork; apply the mutton paste thickly over, and fry in ghee. Next take the rest of the meat and spices, and make it into a currie, with or without gravy; put the eggs upon it, and serve with syrup or lime-juice, according to taste.

**35. Kulleah Sheeraze.**

Meat, two pounds; eggs, five; [ghee, half a pound; onions, quarter of a pound; green ginger, half an ounce; coriander seed, half an ounce; salt, half an ounce; blanched almonds, three-quarters of an ounce; pistachio nuts, three-quarters of an ounce; raisins, three-quarters of an ounce; cinnamon, forty grains; cloves, twenty grains; cardamoms, twenty grains; turmeric, twenty grains. Cut the meat in pieces; slice the onions, pound the green ginger and coriander seeds, and add the salt;

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fry all together in ghee. When done, take out a quarter of the meat and set it aside; add some water to the rest, boil till the meat becomes soft, strain off the gravy, and bugar the meat; then mix with it some flour and water and the remainder of the spices pounded to a paste; allow it to boil. Then take the quarter of the meat that was set aside; mix it with some water and the white of eggs; set it on the fire. When done, put in the rest, stir well, and let it remain a few minutes. Add syrup and lime-juice, if approved, and serve.

### 36. Doepeaze Sheeraze.

Take the same quantity of meat and spices as the last; prepare in the same way, only add the whole of the eggs ali beaten up. This currie is to be prepared dry, and only a little water used. The syrup and lime-juice may be added or not.

### 37. Kulleah Zuffran Kussah.

Take any quantity of meat and all the ingredients for a good currie; grind the whole with the meat, occasionally adding beaten eggs and hard curds while grinding. Form this into balls, and fry in ghee till they are brown

and split open ; then put in a little turmeric and almonds ground in water ; stir the whole, and continue the boiling. Add syrup and lime-juice to taste, and serve.

### 38. **Keema Kulleah Kushmere.**

Mutton, two pounds ; ghee, half a pound ; cinnamon, forty grains ; saffron, twenty grains ; and the usual quantity of spices, &c. for a good currie. Fry the meat with the prepared spices in ghee ; add water, and let it boil some time. Remove the meat from the gravy, and boil down the latter to half the quantity. Bugar the meat three successive times with ghee and cloves till dry ; then put in the gravy, and boil for a few minutes. Syrup and lime-juice may or may not be added.

### 39. **Kulleah Banthamee.**

Mutton, two pounds ; ghee, half a pound ; curds, half a pound ; blanched almonds, quarter of a pound ; onions, quarter of a pound ; coriander seed, half an ounce ; salt, three-quarters of an ounce ; green ginger, half an ounce ; cinnamon, forty grains ; cloves, twenty grains ; cardamoms, twenty grains ; pepper, twenty grains. Cut up the meat in the shape of almonds ; fry it in ghee and

sliced onions till it becomes brown; mix with it salt, coriander seed, green ginger, and a little water, and let it boil till the meat is done. Then strain the gravy into another pan, and give it a bugar in ghee and cloves; pour the gravy on the meat; mix together, with the almonds, ground, also the spices, and simmer till done.

#### 40. Kulleah Booranee.

Mutton, two pounds; carrots, one pound; ghee, quarter of a pound; curds, two pounds; onions, quarter of a pound; salt, three-quarters of an ounce; coriander seeds, half an ounce; garlic, half an ounce; green ginger, half an ounce; turmeric, forty grains; cinnamon, forty grains; cloves, twenty grains; cardamoms, twenty grains; pepper, twenty grains. Take three-fourths of the meat, cut it into slices; heat a little ghee in a saucepan with some sliced onions, and fry till brown; then give a bugar in the same to the meat, and fry till the gravy is mixed with the ghee; add some pounded coriander seed, and salt, and some water, and finish the cooking. Take the remaining half pound of meat; put it in a saucepan, and let it boil till done; mince it, and then mix with a little suet and half an ounce of flour; put this in a mortar and pound to a paste; clean the carrots and cut them in slices lengthways; rub the pounded meat over them, and fry in ghee. When all the carrots are fried, put in the boiling



meat, and the spices, ground; cover the saucepan, and let it cook gently; grind the garlic; mix it with the curds, and give it a bugar in ghee, with cloves; add a little turmeric, and boil a short time. When the currie is served, pour over it the curds.

#### 41. Doepeaze Kusoh.

Mutton, two pounds; ghee, half a pound; curds, quarter of a pound; onions, quarter of a pound; green ginger, half an ounce; coriander, half an ounce; cinnamon, forty grains; cloves, twenty grains; cardamoms, 40 grains. Grind the spices to a paste; mix it with the mutton, well minced, and pound the whole well; form it into balls or one large cake; lay it on a cloth over a wide-mouthed vessel containing water; put it on the fire and allow it to steam till finished; then remove it, and fry in ghee and onions; next add some water with the coriander seed, ground, and cook a little longer.

#### 42. Doepeaze Kooftar Lowabiar.

Mutton, two and a half pounds; ghee, half a pound; onions, quarter of a pound; salt, three-quarters of an ounce; coriander seed, half an ounce; green ginger, half an ounce; turmeric, half an ounce; cinnamon, forty grains;

cardamom, forty grains; cloves, twenty grains; pepper, twenty grains. Take two pounds of the meat, and cut it into small slices; put it in a saucepan, and give it a bugar with ghee and sliced onions; fry it well till the gravy is mixed with the ghee; add some salt, pounded coriander seeds, and water; boil till the meat is tender; mince the rest of the meat with a little suet and flour; pound the whole in a mortar to a paste; make it into small balls, and fry them in ghee. When they are done, put them with the spices, ground, to the meat, and let it stand on a slow fire for a few minutes, and serve.

#### 43. Kulleah Doepeaze.

A sheep's head and fore-feet; mutton, one pound; ghee, half a pound; onions, quarter of a pound; salt, one ounce; green ginger, half an ounce; garlic, half an ounce; chillies, twenty grains; coriander, half an ounce; turmeric, half an ounce; cinnamon, forty grains; cloves, twenty grains; cardamoms, twenty grains. Fry the onions and garlic, sliced, in some ghee, remove them into a plate. Next, fry the pounded turmeric in the same ghee; clean the head, feet, and meat, and put them with the ghee. When fried, add some water, and allow it to boil till the meat becomes soft and separates from the bones; put with it the fried onions and garlic, with a little rice, ground, in water, and the rest of the spices, ground; simmer for a quarter of an hour, and serve.

#### 44. Doepeaze Mushhandy.

Kid's meat, two pounds; ghee, quarter of a pound; curds, half a pound; milk, equal to two pounds; blanched almonds, half a pound; cream, half a pound; onions, one ounce; garlic, three-quarters of an ounce; salt, three-quarters of an ounce; cinnamon, forty grains; cloves, twenty grains, cardamoms, twenty grains; pepper, twenty grains; turmeric, half an ounce. Cut the meat in small slices, and wash; then heat a saucepan, and put in all the green ginger, onions, and garlic, sliced; fry them in a little ghee till brown; then lay the meat over it, with some salt, and the spices, ground, with a little water; simmer gently till the meat is done, and the water dried up; fry it; grind the almonds and mix them with the cream, curds, and milk; stir the whole well; put into a saucepan, and let it reduce to one-half; then pour it over the meat, and put it on a slow fire for about a quarter of an hour, stirring it all the time, and serve.

#### 45. Doepeaze Duoormah.

Kid's meat, two pounds; ghee, quarter of a pound; curds, quarter of a pound; onions, quarter of a pound; coriander seed, half an ounce; turmeric, half an ounce; garlic, three-quarters of an ounce; green ginger, three-quarters of an ounce; cinnamon, forty grains; cloves,

twenty grains; cardamoms, twenty grains; pepper, twenty grains. Cut the meat into small slices, and prick it with a fork; rub it with a pounded mixture of ginger, onions, garlic, coriander, and salt, with a little curds, and keep it for half an hour; heat a saucepan, and put in some sliced onion, with a little ghee, and fry them brown, and leave it on one side. Give the meat a bugar in ghee with some cloves; add a little water, and boil till it is reduced; then fry the meat well. When done, mix with the grounded spice and curds and fried onions. Simmer for a few minutes, add some turmeric, and serve.

#### 46. Doepeaze Kitcherie.

Kid's meat, two pounds; seven eggs; ghee, half a pound; onions, quarter of a pound; salt, three-quarters of an ounce; turmeric, one drachm; green ginger, half an ounce; cinnamon, twenty grains; cloves, twenty grains; cardamoms, twenty grains; pepper, twenty grains. Wash the meat, cut it into dice shapes; pound the green ginger, onions, and garlic; squeeze the juice into a basin, add a little salt. Rub the meat with this, and give it a bugar in some ghee and sliced onions; pour in a little water, and boil till the gravy is dried up; then fry it. Take the whites of seven eggs, put them in a basin with a little water, and warm it, stirring it till it is done;

then mix it with the meat, and simmer for a quarter of an hour; add the ground spices and turmeric, simmer for a few minutes longer, and serve.

#### 47. Kulleah Sadah.

Meat, two pounds; ghee, half a pound; onions, quarter of a pound; pepper, twenty grains; turmeric, half an ounce; ginger, half an ounce; salt, one ounce; cinnamon, forty grains; cloves, forty grains; cardamoms, forty grains; beetroot, half a pound; turnips, quarter of a pound; carrots, quarter of a pound; lentils, one ounce. Cut the meat into small squares; heat a frying-pan, put into it two ounces of ghee, with some sliced onions, and fry them. When the onions are brown, put in the meat with a little salt and water. While boiling, cut up the beetroot, turnips, carrots, and green ginger into slices; put these with the meat. When they are done, strain, and give a bugar to the meat, &c. in ghee with cloves; add the gravy and ground spices, with a little milk and turmeric; simmer for a quarter of an hour, and serve.

#### 48. Kulleah Dooraj and Sowah.

Seven partridges; meat, four pounds; ghee, one pound; onions, half a pound; garlic, two ounces;

coriander seed, two ounces; cream, half a pound; blanched almonds, half a pound; salt, one ounce; turmeric, half a drachm; cinnamon, forty grains; cloves, forty grains; cardamoms, forty grains; ginger, three-quarters of an ounce. Cut the meat in slices, put it into a saucepan with some water, sliced onions, green ginger, coriander seeds, and salt, pounded. Simmer the meat till quite tender and separates from the bones; then strain the gravy into a saucepan, and bughar it twice in ghee and cloves. Cut the partridges down the middle lengthwise, and wash them, prick them with a fork, rub them with pea-flour, and wash it off. Cut some onions, rub them over the birds, and wash again; give them a bughar in ghee, with some sliced onions and the juice of green ginger. Grind the spices and coriander seeds with a little salt; mix it all together, and boil with a little gravy till tender and nearly dried up; then fry it, and sprinkle over it some lemon-juice and garlic; then put in the rest of the gravy, and boil for a quarter of an hour; grind the almonds, mix them with the cream, and pour it over the partridges, adding a little turmeric. Simmer for twenty minutes, and serve.

#### 49. Moorghabee, or Fowl Pillau.

Mutton, two pounds; one fowl; rice, half a pound; onions, six ounces; four eggs; butter, half a pound; black

pepper, twelve corns; mace, four blades; cloves, twelve; cardamoms, twelve; green ginger, half an ounce; salt, one teaspoon; bay-leaves, three. Put the mutton, cut into slices, with four whole onions, into six quarts of water; boil together till reduced one-third; take it off, and mash the meat in the liquor, and strain through a coarse napkin; set it aside. Put half a pound of butter in the saucepan, and fry in it a handful of onions cut in slices lengthwise. When they are brown, take them out and set them aside; then put the fowl (that has been previously boiled) into the same butter, and also add the rice *dry*; fry a little. As the butter evaporates, add the above stock, and boil the rice in it; then add all the spices and bay-leaves, salt, and the ginger sliced. When the rice is boiled, place the pot over a gentle fire, and put some charcoal fire on the lid; before doing so, put the fowl into the rice, to take the flavour. Dish the fowl, covered over with the rice, and garnish with hard-boiled eggs, fried onions, fried sultanas, and almonds.

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### 50. Kookra Pillau.

One fowl; five eggs; mutton, one pound and a half; rice, one pound; ghee, half a pound; cinnamon, half a drachm; cardamoms, forty grains; cloves, forty grains; pepper, one drachm; coriander seeds, half an ounce; saffron, twenty grains; salt, half an ounce; onions,

quarter of a pound; ginger, half an ounce; curds, quarter of a pound. Mince some of the meat very fine, and mix with fried coriander seed and salt, and set it aside. Chop up the rest of the mutton; add the ginger, salt, and spices ground, and the whites of the eggs beaten up; put the mixture into a mortar, and pound it to a paste; then form it into small balls and fry it in ghee. Now beat up the yolks of the eggs with some sliced onions, ground ginger, and some of the spices, adding a little ghee. Heat a frying-pan on the fire, with some ghee, and put the mixture into it; dress it like an omelette; then sprinkle it with saffron and set it aside. Rub the fowl over with the juice of green ginger, salt, and onions; stuff the fowl with the minced meat, and tie it up close; then roast it; have ready some saffron, cloves, and cardamoms well ground, and mix with the curds, with which baste the fowl. Parboil the rice with spices and pepper; then take another saucepan, put in the rice, meat balls, and fried eggs, with some gravy from the fowl, and ghee, and let it simmer till the rice is quite soft. Dish it with the fowl in the centre.

#### 51. Chelawoo Pillau.

Mutton, two pounds; rice, one pound; ghee, half a pound; cinnamon, forty grains; cardamoms, twenty grains; cloves, twenty grains; saffron, twenty grains;



coriander seed, half an ounce; pepper, one drachm; cummin seed, half a drachm; salt, half an ounce; onions, quarter of a pound. Cut the meat into small pieces; give it a bugar with some ghee and sliced onions; then add the green ginger and the rest of the onions sliced. Pound the coriander seeds with some salt and a little water; mix it together and fry it. Parboil the rice; take it out, and put it to the meat with a little ghee, and the rest of the spices and a little water. Cover the pan close, and boil gently till the rice is soft. Serve with the meat over the rice.

## 52. Plain Kid Pillau.

Rice, one pound; kid or lamb, two pounds; ghee, half a pound; cream, half a pound; milk, equal to half a pound; onions, half a pound; ginger, two ounces; cloves, one drachm; cardamoms, one drachm; cummin seed, one drachm; garlic, one drachm; butter-milk, one pound; salt, three-quarters of an ounce. Divide the meat in pieces; let the rice soak in water; bruise the garlic and ginger, with a little salt, in the butter-milk, and lay it over the meat. Heat the ghee in a stewpan, and put in the onions, sliced; when they are brown, add the meat and fry it; then add the cream and milk, then the rice,

and all the spices, &c. ground, with enough water to cook the rice. When the rice is nearly done, set it at the side of the stove for twenty minutes, and serve.

### 53. Kitcherie Pillau.

Meat, two pounds; moong ka dhal, half a pound; rice, half a pound; ghee, half a pound; salt, half an ounce; green ginger, half an ounce; coriander seed, half an ounce; cinnamon, forty grains; cloves, twenty grains; cardamoms, twenty grains; cummin seed, forty grains; pepper, one drachm; onions, half a pound. Cut the meat into large slices, and give a bugar in ghee, with some sliced onions, salt, and coriander seeds; mix well and boil in water till the meat is tender; then strain, and give the meat a bugar in cloves and ghee; add the gravy. Put the meat in a larger saucepan, with some cummin seeds and spices; soak the dhal and rice for one hour; wash it; give it a bugar in ghee with some sliced onions, then fry it a few minutes, and then put it with the gravy and boil till the dhal and rice are soft. When done, put it over the meat with the rest of the spices, pour a little ghee over it, boil a few minutes longer, and serve.

#### 54. **Mulgobah Pillau.**

Meat, two pounds; curds, two pounds; onions, half a pound; rice, one pound; ginger, half an ounce; salt, three-quarters of an ounce; almonds, two ounces; cinnamon, forty grains; cloves, twenty grains; cardamoms, twenty grains; pepper, twenty grains; cummin seed, twenty grains; ghee, half a pound. Cut the meat in large slices; put it into a saucepan, with onions and green ginger, sliced; pound some coriander seed with a little ghee and salt; add some water, and boil till the meat is tender. Separate the gravy from the meat, and mix in it the curds; stir it well, and strain; take half the almonds, grind them, and add them to the liquor. Give a bugar to the meat and gravy, with some ghee and cloves; let it boil up once; remove the meat from the pan, and put it into another pan with some cummin seed and spices, ground. Fry the rest of the almonds in ghee, grind, and put them with the meat; mix all, and fry for a few minutes. Parboil the rice in plain water; put it to the meat and gravy, with a little ghee; simmer gently till it is done.

#### 55. **Khashghee Pillau.**

Rice, two pounds; ghee, half a pound; sugar, two pounds; rose-water, quarter of a pound; cinnamon, forty

grains; cloves, twenty grains; blanched almonds, two ounces, pistachio nuts, two ounces; raisins, stoned, two ounces; musk, five grains; saffron, twenty grains. Make the sugar into a clear syrup; soak the rice in water for one hour, then put it in a saucepan with the spices and ghee, and fry it a little; grind the musk with the rose-water, and pour it with the syrup on the rice, and boil till the rice is soft; colour the almonds and pistachio nuts with saffron, and fry them with the raisins in ghee. Serve, and garnish with the almonds, pistachios, and raisins.

#### 56. Nauma a Bah Kummier.

Take two pounds of soogee, half a pound of ghee, milk equal to one pound, some salt, and a little yeast. Mix the milk with the soogee; then add the ghee, yeast, and salt. Work it well, and set it aside to rise for two hours; then form it into two cakes; sprinkle them over with poppy and aniseeds, and bake.

#### 57. Nauna Sheer Mhal.

Flour, two pounds; milk equal to one and a half pounds; ghee, six ounces; salt, half an ounce; kummier

seven and a half ounces. Mix the flour with the milk and salt, and knead it well for some time; then mix in the ghee, and, lastly, the kummier; work it well again, and set it in a warm place to rise. This will take two or three hours. Form it into a flat cake, sprinkle a little milk over it with a brush, and bake a nice colour.

#### 58. Kummier.

This is a sort of leaven used by the Mussalmans for raising their bread or cakes. Take sixty grains of aniseed; a sufficient quantity of butter-milk to make six ounces of flour into a soft dough. Soak the aniseed in the butter-milk for twelve hours. Strain, and mix it with the flour, and set it aside to rise, for two hours, when it is ready for use.

#### 59. Baka Khana.

Flour, two pounds; milk equal to one and a half pounds; ghee, six ounces; salt, one drachm; kummier seven and a half ounces; one egg; six ounces of blanched almonds. Mix the flour with two-thirds of the milk; pound to a paste four ounces of the almonds with a little

milk, then by degrees add the rest of the milk, and strain it into the dough. Take the yolk of the egg and the ghee; and mix all well together. Lastly, add the kummier, and set it aside to rise for two hours; then form it into a flat cake the shape of a horse-shoe; brush it over with milk; sprinkle the rest of the almonds, chopped, and poppy-seed, as a garnish, and bake it on a tin.

#### 60. Chupatees.

Are made by mixing together flour and water, with a little salt, into a dough, kneading it well; sometimes ghee is added. They may be made with milk instead of water. They are flattened into thin round cakes, and baked over a slow clear fire, in an iron pan.

## PART XIV.—INSTRUCTIONS FOR DECORATION.

I find that natural flowers and leaves, such as the violet, rose, lily, primrose, or any other harmless flower, and vine leaves, strawberry leaves, violet leaves, &c. &c., or even rose leaves of the softer shades, make lovely decorations, not only set in jellies, but externally on cakes and sweets of all kinds. For this purpose, however, dissolve some clear good gum in water—it must not be too thick—and brush this over every part of the leaf or flower that you are going to use. As it is drying, take two lumps of very bright-looking loaf sugar, and rub them together over the leaf or flower, till it is nicely crystallized. This process costs a little trouble, as each one has to be done separately; but it well repays the labour. Take, for instance, the leaves of roses. There are usually from five to seven leaves on the stem; these must be small, and of a soft shade. Prepare them thus,

and put them round the base of a blanc-mange or cake, and then crystallize the petals of the rose, and throw over the top. You will see that taste and a little trouble will turn out the loveliest decoration for sweets in this way.

Fruits and their leaves may also be utilised in this way. A bunch of grapes, with a few vine leaves, done thus, and nicely arranged for dessert, makes a most inviting and delicious looking decoration; so, too, do strawberries and their leaves, &c. &c.

In these days, when there is so much novelty required for decoration, I think these may be found useful as well as ornamental:—For savouries of all kinds, chopped parsley and sprigs of parsley, salads, beetroot, hard-boiled eggs, cranberries, barberries, and small leaves of salads of all kinds, can be most successfully used, and great taste can be brought to bear on the decoration.

In the arrangement of flowers, never let a great variety of different colours be seen on the table; this appears <sup>to be</sup> vulgar. Arrange them so that you have the same colours, from light to dark, and brighten this with light foliage, ferns, &c. A dinner-table looks lovely when the flowers are of one colour, in all their different shades. Red and cream roses may, however, be blended; so, too, may white flowers with any other colour. Autumn foliage, with berries of rich colour, also looks lovely. The light should be made to harmonize with the flowers by having shades of the colour used; the effect then is soft and refined.



Individual taste should be developed, as this brings out so much that is novel. People, as a rule, *will* follow the hard-and-fast rule that fashion dictates; hence the sameness one meets with almost everywhere; whereas individual taste is always refreshing, since it is invariably an indication of the individual mind.

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